

# Soldiers

A full-page photograph of a soldier in camouflage gear, aiming a rifle. The soldier is in the foreground, looking through the scope of the rifle. The background is a sandy, rocky terrain.

The Official U.S. Army Magazine

November 2001

## America Regroups

Secretary  
of the Army  
Interview

Remembering  
the Fallen



# Soldiers

November 2001 Volume 56, No. 11



## The Official U.S. Army Magazine

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## Front cover:

Army special operations soldiers will play a leading role in the war on terrorism. —  
*Photo by Amanda C. Glenn*



## From the Editor

FROM homeland security to special operations (as signified by this month's cover), America's Army is preparing for what could be the longest period of sustained operations in our nation's history.

Our coverage of the Army's role in the war on terrorism continues with Senior Editor Heike Hasenauer's "America Regroups." She offers a compelling look at the reaction to the Sept. 11 events and takes us through the anticipation of the campaign's first salvos.

In a Total Force tour de force, *Soldiers* asks the secretary of the Army, the director of the Army National Guard and the chief of the Army Reserve to give us their perspectives on what might lie ahead.

We also offer two stories from Europe that are especially relevant. "Training Europe's Best" showcases NATO special operations training and "Projecting Power in Europe" provides an overview of the intricacies of quickly massing decisive combat power from Europe.

And, finally, to celebrate Veterans Day (and to redress and oversight from last year), we dedicate this issue to Vietnam veterans.

*John C. Suttle*

## Response to Terror

MY correspondence is in reference to the recent evil that has fallen on our nation. I am not perfect in my written correspondence and can be longwinded, so please bear with me.

During times of grief and mourning members of some institutions place a symbol of recognition or remembrance on their clothing or uniform. For example, I have seen professional sports teams in the past wear patches or arm bands in remembrance of a fallen teammate.

In the recent horrible events, our people have come together as never before. Flags are in high demand and in short supply nationwide. People are adorning themselves with red, white and blue ribbons and patriotic T-shirts in support of our nation, its military and, of course, in remembrance of those suffering because of the Sept. 11 tragedies.

Is there a way that we as soldiers may do something along the same lines? I do of course mean something identical and Armywide, or even DOD wide. Whether an arm band, a patch or some symbolic insignia, I feel it would be a good show of our loyalty to our commander in chief and our nation, and an awesome way to honor those heroes who have given their lives for our nation.

I understand that there are a number of factors that would affect such an undertaking, from the approval process to the issuing of such an item. I have researched AR 670-1 and cannot find anything in reference to this idea. I also cannot think of how to get this idea to the right people. Thank you, and God Bless America!

SSG Ryan A. Tozier  
Fort Hood, Texas

## September Kudos

CONGRATULATIONS on Steve Harding's excellent September article "OPBAT Soldiers." It greatly enhanced my knowledge of the Army's joint counterdrug missions with the Coast Guard, this nation's fifth and smallest service branch.

Former Joint Chiefs of Staff Chairman and current U.S. Secretary of State Colin Powell was right on target when he said: "The Coast Guard provides national command authorities a unique instrument in the nation's security tool bag." Your magazine did an outstanding job of pointing out to its readers how right on target GEN Powell's remarks were over a decade ago.

Jim Dolbow  
Alexandria, Va.

THE command and soldiers of 2nd Battalion, 3rd Aviation Regiment, greatly appreciate your wonderful September story "OPBAT Soldiers." It is one of the most factually accurate stories I have seen published about the operation.

CPT Charles P. Johnson  
OPBAT Coordinator  
Hunter Army Airfield, Ga.

THANK you for the excellent work you do on *Soldiers* magazine.

The publication is especially effective in portraying and highlighting the Army's history. I enjoy your series on the Army's active divisions very much. As well as informing us about the people who now soldier, it also reminds us of all the others who discharged their duty so well to keep our country safe and strong.

My very best wishes for your continued success.

SMA William Wooldridge (Ret.)  
via e-mail

*WE appreciate your kind words, and find them especially gratifying coming from the first sergeant major of the Army.*



## Gaffs and Oversights

I BELIEVE the September photo of the Bradley and British vehicle has burning oil wells in the background. That would place the photo no later than November or December of 1991, by which point all the fires were put out. I'm guessing the photo you ran was actually

taken during Operation Desert Storm proper or shortly after the cease-fire.

I was there from February to September 1991 with the Corps of Engineers Kuwait Emergency Recovery Office. It looks like the desert along the road headed to Basra.

James N. Parker Jr.  
Savannah, Ga.

WHILE reading your Summer 2001 issue of Hot Topics I came across a flaw in the picture on page 10.

One of the soldiers in the picture is running with his finger on the trigger — an action that we all know can cause death or serious injury. I know this better than most because during a live-fire exercise my squad leader was running with his finger on the trigger, causing him to shoot me in the back of the right arm.

SSG Darren J. Smith  
via e-mail

THANKS for your input. The fact that the photo shows a safety violation is the main reason we chose to use it in the Risk Management supplement.

WE enjoyed the September issue, especially Gil High's "Around the Services" department.

We noted, however, that the

Air Force segment of the article mentions "the grave of Air Force Lt. George E.M. Kelly." Kelly was tragically killed in a crash at Fort Sam Houston, Texas, in 1911, while flying as an Army aviator.

Since the U.S. Air Force was not created until Sept. 18, 1947, it would be physically impossible for Kelly, having been dead for some 36 years, to have been an Air Force lieutenant.

This dark pre-1947 phase of Air Force history is frequently overlooked by those in blue uniforms, but we Army aviators are proud of our heritage — which dates back to the Wright Brothers and the days of Civil War balloons.

CW5 Robert B. Bailey (Ret.)  
via e-mail

## Name That Weapon

THE weapon 1LT Thomas E. White is shown holding on your

August cover is an XM-177E1 submachine gun.

The weapon was developed during the Vietnam conflict for use by special forces soldiers and air base security personnel. The main difference between an XM-177 and an XM-177E1 was the latter's forward assist.

Since there was only a seven-part difference between an M-16A1 and an XM-177E1 and they could be ordered as a conversion kit, many M-16A1s were converted in-country on an informal basis.

The only drawback to the weapon was a rather large muzzle flash due to the short barrel.

Charles Johnson  
via e-mail

## Beret Blues

A COUPLE of days ago I was issued the black beret, and I read as much of the paperwork on caring for it as I could find.

If I understand it right, you take a floppy hat, wet it, shave it, form it, put it on, form it again, and when you take it off it is still floppy — so you have to start the ordeal all over again.

By the way, it will roll up and fit in your pocket very nicely, but that is not allowed. It does not block the sun from your eyes, but you can't wear sunglasses in formation. If you have any hair it does not fit right, so even though you have a regulation hair cut, get a buzz cut so the beret will look better.

Name withheld by request

**Soldiers** is for soldiers and DA civilians. We invite readers' views. Stay under 150 words — a post card will do — and include your name, rank and address. We'll withhold your name if you desire and may condense your views because of space. We can't publish or answer every one, but we'll use representative views. Write to: **Feedback, Soldiers, 9325 Gunston Road, Ste. S108, Fort Belvoir, VA 22060-5581**, or e-mail: [soldiers@belvoir.army.mil](mailto:soldiers@belvoir.army.mil).



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# America Regroups

Story by Heike Hasenauer

**O**N Sept. 18, at 8:48 a.m. Eastern Time, people across America observed a moment of silence. It was exactly one week after terrorists slammed a hijacked airliner into the north tower of the World Trade Center and unleashed a string of horrific events the world will not soon forget.

"May God continue to bless America," President George W. Bush said as rescuers in New York and Washington, D.C., continued to search for survivors and remains, and others continued to support the rescue efforts.

Among the latter was a Pennsylvania Army National Guard unit that escorted a canine search-and-rescue

team to New York, and an OH-58 Kiowa helicopter equipped with forward-looking infrared that flew observation support missions around New York City.

Additionally, four CH-47 Chinook helicopter crews from the Pennsylvania Guard's Company G, 104th Aviation Regiment, loaded 15,000 MREs at Fort Pickett, Va., and transported them to New York rescue crews. Guard soldiers from the 1st Battalion, 103rd Armor, provided tents and chairs for search and recovery crews in Somerset County, Pa., where the hijacked airliner destined for another attack on the nation's capital had crashed.

In all, some 1,500 Pennsylvania Guard soldiers and airmen supported security operations, aerial reconnaissance missions and disaster recovery efforts, said spokesman LTC Chris Cleaver.

The New York National Guard's weapons-of-mass-destruction civil support team tested air quality around the World Trade Center disaster site for any kind of contamination that might have been caused by weapons, said National Guard spokesman Mark Allen.

Two weeks after the terrorist attacks, active-duty military units arrived in Washington, D.C., to relieve some of the units that had been at the

Tech Sgt. Cedric H. Rudisill, USAF



**President George W. Bush shakes hands with Guard and Reserve members in the Pentagon on Sept. 16. The president authorized the call-up of some 50,000 reserve-component personnel in the wake of the Sept. 11 terrorist attacks.**



REUTERS/Mike Segar

**National Guard soldiers wearing protective face masks march down West Street near the destroyed World Trade Center on Sept. 21. Guard and Reserve members played an important role in the rescue and recovery effort following the Sept. 11 attack.**

Pentagon crash site since Sept. 11.

Among the newly arrived units were Fort Bragg, N.C.'s, Headquarters and HQs. Detachment, 503rd Military Police Battalion, and the 118th and the 293rd MP companies from Fort Stewart, Ga. Additionally, 32 soldiers from the 18th Aviation Brigade at Fort Bragg arrived in Washington, D.C., aboard four CH-47 Chinook helicopters that were to be used in humanitarian-relief efforts.

Most of the units were expected to remain for approximately 90 days, said XVIII Airborne Corps officials.

Politicians, meantime, rallied world support for solidarity against terrorism. Two weeks after the attacks, Saudi Arabia, China and 16 European nations had pledged their support to back the U.S. war against terrorism.

Expressions of sympathy and promises to help flooded in from 194 nations, reports indicated. And help from several countries came in the way of critical information about the

terrorists themselves.

The FBI learned 19 hijackers — many of whom lived and trained as pilots in the United States — had commandeered the airliners. And their spidery web of cohorts spread not only to the elusive suspect behind the Sept. 11 attacks, Osama bin Laden, and Afghanistan, but to "cells" of terrorists assimilated into societies around the world.

At press time, the FBI was questioning 125 people who may have information about the hijackers. It was searching for another 190 people.

In Washington, D.C., Bush signed into law a \$40 billion package to rebuild, and Congress passed a resolution supporting the use of military force against the perpetrators.

Charities involved in relief efforts created new Internet sites to collect donations. Grocery and retail store chains established relief funds to support the American Red Cross and other aid organizations. And moviego-



Anne Kelley

**Soldiers of the 709th MP Bn. guard the entrance to Hutier Kaserne in Hanau, Germany, as part of post-attack security upgrades enacted throughout Europe.**

*Two weeks after the attacks, 18 nations had pledged their support to back the U.S. war against terrorism.*



Catherine Phillips



**Kathleen Thornton of Fort Belvoir, Va., delivers donated food intended for post MPs and Pentagon rescue and recovery teams.**

ers were told that all proceeds from ticket sales and concessions on Sept. 25 would go toward relief efforts.

Hollywood played a major role as well. Several actors donated \$1 million, and numerous stars gathered for a special telethon to raise money for victims and their families.

Representatives of various religious faiths gathered Sept. 23 at New York's Yankee Stadium — along with government leaders, armed forces representatives and others — for a special prayer service led by Oprah Winfrey.

Less publicized were some of the behind-the-scenes efforts at military installations across the country.

Army and Air Force Exchange Service employees at Fort Hamilton, N.Y., worked around the clock to support National Guard and Reserve

personnel participating in the city's rescue efforts.

The AAFES store manager, Steve Williams, kept the main store, Burger King and shoppette open 24-hours a day and called for speedier gasoline delivery to ensure military and civilian rescue crews didn't run out of fuel.

And AAFES vendors donated drinks and snacks to the Red Cross and other emergency operations personnel for distribution.

Across America people showed their support for those affected by the tragedies. They held candlelight

Catherine Phillips



**Nicholas Davis, 3, grips a handful of American flags at Fort Belvoir's main exchange. Patriotic feelings have run high nationwide since Sept. 11.**

vigils and prayer services. American flags cropped up on highway overpasses, in storefronts, on car antennas, outside homes and even on the side of one of the first aircraft allowed to return to the skies as it taxied down the runway after the FAA lifted its

temporary grounding of commercial air traffic.

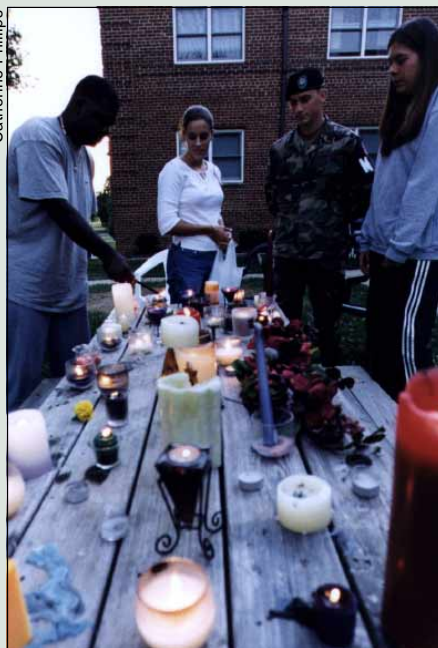
Across America, too, "God Bless America" signs appeared along roadways and on electronic bulletin boards. Shops began selling American flag T-shirts and some that read "Remember the Terrorist Attack Victims."

At Fort Belvoir, Va., where several families awaited news of loved ones missing in the Pentagon attack, Alethea Williams began collecting hygiene and food items and preparing meals to take to distraught families.

She and 12 other community "mayors," each responsible for the well-being of military families in a particular housing area on post — as well as civilian employees at Fort Belvoir who live off post — prepared home-cooked meals.

They delivered the meals to about 60 people per night, including military police who guarded the post's gates around the clock, and to rescue workers at the Pentagon. Aircrews

Catherine Phillips



**Fort Belvoir residents hold a vigil for their neighbors SPC Craig Amundson and SSG Maudlyn A. White, both of whom were killed at the Pentagon.**





**Flags have been a big seller nationwide since the events in New York, Washington, D.C., and Pennsylvania. Here, shoppers at the Fort Belvoir main exchange look over some of the many flags, bumper stickers and other patriotic items for sale.**

based at Fort Belvoir's Davison Army Airfield flew meals to the Pentagon.

Williams, the wife of SFC Lester Williams, who works for the National Guard Bureau in Arlington, Va., said a local Safeway grocery store donated \$29,000 for food. And area eateries, including McDonalds and Papa John's, donated some of their specialties.

Yet, as America rallied its support, many felt the undeniable human tragedy of what had happened, as well as its financial and political impacts.

Most painful were the countless personal stories about the dead and growing number of those presumed

dead at the World Trade Center. At press time, that figure exceeded 5,000. Of the 125 DOD personnel missing after the attack on the Pentagon, 118 remains had been recovered. The Army had released the names of 104 soldiers and civilian employees who had been positively identified.

Financial markets, major U.S. and international airlines, the tourist and convention industries, and countless other small businesses were directly affected.

In the nation's capital, Ronald Reagan National Airport closed because of its proximity to vital

government buildings and historic monuments. Some 10,000 area workers were furloughed, though many returned to work when the airport reopened Oct. 4.

The U.S. airline industry reported laying off tens of thousands of employees. And in an effort to keep the airlines in business, Bush authorized a \$15 billion "bail out" fund.

As America's resolve to attack the terrorists grew, so, too, did its patriotism, the likes of which historians and World War II veterans, alike, said had not been seen on America's home front since that war. □

## Contributions

CONTRIBUTIONS for Army victims of the Pentagon attack may be made to: Pentagon Victim's Fund, Army Emergency Relief, 200 Stovall St., Room 5N13, Alexandria, Va. 22332-0600, or by calling (703) 428-0000.

Contributions for civilian victims of the terrorist attacks may be made to Federal Employees Education and Assistance-World Trade Center/Pentagon Fund, Suite 200, 8441 West Bowles Ave., Littleton, Colo. 80123-3245, or by calling (800) 323-4140 or (202) 708-4909.

# Remembering the Fa

Photos by SSG John Valceanu





# allen

*This Veterans Day, as we remember those who have given their lives in defense of the nation, we also take time to honor those who died in the Sept. 11 terrorist attacks in New York City, Washington, D.C., and Pennsylvania.*

*On Veterans Day we honor all who have served in our military forces, and those who died — whether in action or as the result of unprovoked attack. On this day, as a nation, we say: “Together We Mourn, United We Stand.”*

**SSG John Valceanu, Soldiers’ former photo supervisor and now an Army Reserve member and civilian magazine editor in Arlington, Va., took these photos of spontaneous memorial services at the Pentagon in the days following the Sept. 11 attack.**



# After the Attack

*An Interview with the Secretary of the Army*

**Story by Heike Hasenauer**

**J**UST before the now infamous Sept. 11 attack on America, Secretary of the Army Thomas E. White visited Bosnia and Kosovo, and stood on the Macedonian border viewing the aftermath of wars very different from the one America was embarking on at home.

What's very similar, however, he told reporters in a Pentagon interview Sept. 20, is that everywhere he went, reserve-component forces worked side by side with active-duty soldiers.

"I had to cheat a little bit and look at the patch on the shoulder to figure out who was a reserve-component soldier and who was an active-duty soldier, because the expertise, discipline, professionalism is seamless," White said.

On the home front, he witnessed that first-hand, he said, when he met with New York Mayor Rudolph Giuliani and visited "Ground Zero" — which, he said, "is a sobering experience, to say the least" — and observed some of the work being performed by the New York Army National Guard soldiers who have been there since the early moments after the disaster.

And, at the Pentagon crash site, active-duty and reserve-component soldiers and civilian employees performed "incredible acts of heroism immediately after the attack,"

White said. Had they not risked their own lives to

get survivors out, "the loss of life would have been greater.

"It reiterates the point we keep making that we're one Army today, and that the reserve components are absolutely vital to the Army," he said.

That unity will be critical in the months ahead, he said. As New York City and Washington, D.C., continue their recovery efforts and begin laying the victims of the terrorist acts to rest, U.S. military forces edge closer to President George W. Bush's war against terrorism. Defense Department officials dubbed that war "Operation Enduring Freedom."

As of Sept. 20, with U.S. military forces already repositioning, when the Army would actually deploy for a fight was unknown. Bush signed a deployment order Sept. 19, opening the doors for a mobilization of forces.

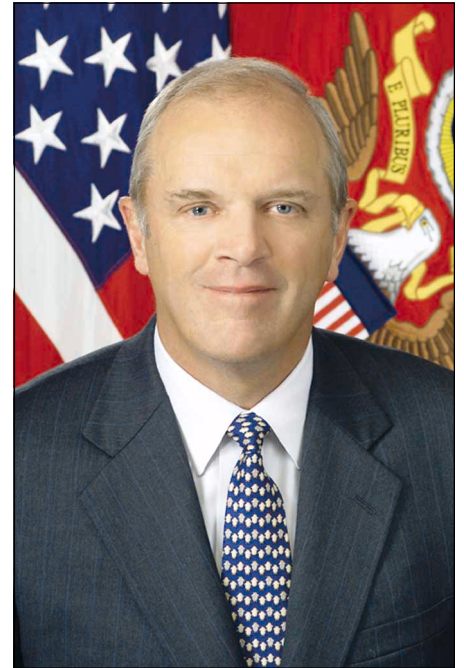
"We're in the process of executing that order, and our components are executing that order," White said.

"It will be a multifaceted campaign aimed at destroying international terrorism from a number of different perspectives — economic, political,

military, operational and in the area of communications.

Consequently, a single deployment order is an installment to that end," White said. "A lot more will come.

"A campaign is characterized by a series of engagements and activities leading up to a common



**Thomas E. White**

operational objective — that objective being the destruction of international terrorism," White said. "The president's been clear that it's not just a single group engaged in this; there are multiple groups, multiple geographic locales, financial dimensions and communications dimensions.

"If you're going to root out that infrastructure," White said, "you have to have a broad-based approach of all of the elements of national power engaged, and it's very hard to draw a finite box around those sets of activities and say 'we expect to complete it by date X.'

"The name for the operation is consistent with the way we expect it to play out," White said, adding, "The Army is engaged and fully ready to execute its part of that campaign plan.



**Secretary White listens as an expert explains the emergency operations underway at "Ground Zero" in New York City.**

SSG Carmen L. Burgess



We're ready to conduct sustained land-combat operations as determined by the secretary of defense and the president."

The Army's "ready to deliver," he said, "using all of its combat, combat-support and combat-service-support assets across the whole force structure — including heavy, light, airmobile, airborne and special operations forces."

The Army's transformation plan to make the service more strategically mobile will be "extremely important in combating the asymmetrical threat" that is terrorism, he said.

"Transformation tracks very well with where we're taking the Army, and we would seek to accelerate that process as the urgency of this type of warfare becomes more apparent," White said.

In its October defense budget submission to Congress for fiscal year 2003-2007 funds, White said, the Army would seek full funding for six interim brigades, and for the objective



During his visit to the city, White meets with members of the New York Army National Guard, the U.S. Army Corps of Engineers and the New York Port Authority.

SSG Carmen L. Burgess

force that is currently under technical development.

More immediate will be uninterrupted unit training, White said, adding that it will not be greatly changed as a result of the recent terrorist attacks.

"That's largely because we have restructured what we do in the combat training command to represent a far more diverse threat portrayal than we typically did 10 years ago," he explained. "If you went to the National Training Center 10 years ago, you would have seen a Soviet motorized

rifle regiment in all its glory.

"Today, the portrayal of the threat there and at the Army's other training centers is very multidimensional, with a wide range of scenarios," he said. "And I think that tracks with what you might call 'a more complicated operational environment' than we've faced in the past."

The focus of the first war of the 21st century is on terrorists and governments that support terrorists, he said. What happens next depends largely on what intelligence becomes available and what the focus of the campaign turns out to be, White said.

"As the president very clearly said: We consider those that harbor and support international terrorism a part of the crime, and as we deem them to be a threat and choose to conduct operations against them, we could very well have sustained land-combat operations. We can't rule out anything at this point," White said.

"There's been a lot of talk about Osama bin Laden — the Saudi fugitive being harbored by Afghanistan's ruling religious extremist group, the Taliban — and the fact that he appears to be in Afghanistan, and focusing on that one small region. This is a global issue that we have to deal with," White said. □



During his recent visit to New York SMA Jack Tilley speaks with members of the city's fire department at Fort Hamilton.

SSG Carmen L. Burgess

# Count on the Guard

Story by Beth Reece



**“O**UR first obligation is to the citizens of this country,” said LTG Roger C. Schultz, director of the Army National Guard, in response to the overwhelming support of service members who’ve joined America’s fight against terrorism.

With more than 362,000 members in 2,700 U.S. communities, the National Guard will do its share in protecting America against domestic and foreign enemies, he said.

Schultz added that the

Guard’s key role in combating terrorism falls under homeland defense, through which Guard soldiers will continue responding to local emergencies. Special emphasis will be placed on synchronizing the goals, training and planning of both state and federal responders, including such agencies as police and fire stations, the Federal Bureau of Investigation and the Federal Emergency Management Agency.

“Homeland defense is the security of our borders, the security of our communities and the security of the nation’s interests throughout the world,” Schultz said, adding that the homeland mission extends to all Guard soldiers.

“It reaches out and touches every one of our units. Over time, without a doubt, we could all have a piece of that mission response.” Military police, engineers, infantry, artillery, intelligence and transportation soldiers may play major roles.

The Guard is also ready to employ civil-support teams that are designed for quick response throughout the country and are equipped to detect mass destruction in terms of chemical, biological and radiological hazards.

Schultz said he believes that Guard members are in a unique position to protect American communities, since they have already formed close relationships with local citizens. “We grow up together, we live together, we work together. So we know the first responders — the police, and fire and incident commanders.”

As many as 11,000 Guard members pitched in on rescue missions that took place in September and October at the World Trade Center in New York and at the Pentagon in Arlington, Va. Their assistance ranged from medical and military police support to transportation.

Should the nation call upon National Guard members for protection and defense beyond state borders, Schultz said, his personnel are primed for the call.

“The Guard has been in 77 countries this year, training and responding to contingency operations,” Schultz said. “What that means is that every state, every territory and the District of Columbia have already contributed to worldwide obligations.”

Schultz’s words for Guard soldiers are simple: “Whether you’re Guard, Reserve or active — it doesn’t make any difference. When we muster the will of this nation, it is a force to be reckoned with.” □



LTG Roger C. Schultz



# The Reserve Responds

Story by Heike Hasenauer

**L**TG Thomas J. Plewes, chief of the U.S. Army Reserve, has no doubt his units are ready for whatever their role might be in America's war on terrorism.

Before Operation Desert Storm in the Middle East, "We were prepared for the Cold War; the Reserves were provided on a delayed basis. Since Desert Storm, the Reserve and National Guard have changed," Plewes said.

"Desert Storm taught us we don't have a lot of time to deploy. And since then, 16,000 of us have gone to Bosnia and Kosovo," Plewes added. As the active Army has gotten smaller, the Defense Department has relied more and more on its reserve component, he said.

The authority for partial mobilization that President George W. Bush gave the Reserve "is a first," said Plewes of the initial 10,000 Reserve and National Guard soldiers expected to be called to active duty to assist in disaster recovery and provide homeland defense.

"During Desert Storm, we got that authority four-and-a-half

months after the Iraqis came across the border," Plewes said.

Units that would most likely be called up would be used to back-fill vacancies created as active-duty units deploy. As an example, Plewes said, a Reserve military police unit would go to Fort Bragg, N.C., to provide garrison support.

In addition to MPs, other Reserve soldiers that likely would be needed include engineers, linguists, intelligence personnel, and chemical, biological, radiological specialists, Plewes said.

"We're not looking at a national reactionary phase that would result in overseas mobilization of reserve forces," Plewes added. "But," he said, "it could certainly result in something like Desert Storm." Call-ups would then focus on port operations, civil affairs and transportation units.

"We won't call up any units that are not absolutely necessary," Plewes said, "because we know our soldiers have families and jobs."

What many people haven't understood, Plewes said, is that the



**LTG Thomas J. Plewes**

Army Reserve units "called up" immediately after the attacks on the World Trade Center and the Pentagon were on voluntary duty, or training status as it's also called, for two weeks. No reserve units had yet been mobilized.

The Army Reserve had approximately seven units — 2,500 soldiers — on the ground in support of recovery operations in New York and Washington, D.C.

The units included three military police (Criminal Investigation Division) units, a mortuary-affairs company from Puerto Rico working at the Pentagon, an MP unit conducting operations at Fort Dix, N.J., and an MP port security unit, Plewes said.

Collectively, Army Reserve units across America and its territories are at the "highest state of readiness," he said. □





## Veterans Day 2001

On November 11th, our nation pauses on Veterans Day to honor those American men and women who served our country in uniform. This year, two short months after suffering the most horrific act of war in our country's history, it is only right that we pay tribute to those whose sacrifices and selfless service purchased for us the privileges of freedom, democracy and unmatched opportunity that we enjoy in the United States — the greatest country on earth. From the first battle of the American Revolution through our ongoing war against terrorism, in conflicts that shook the foundation of civilization and in humanitarian missions that saved countless lives, our veterans provided the sword and shield that protected our nation.

Veterans Day also provides an opportunity for us to thank the soldiers serving in the Army today, continuing the great legacy of those veterans who marched before us. Your determination, your readiness and your willingness to go where you are needed, when you are needed, are potent symbols of liberty, justice and hope for freedom-loving people the world over. The memory of our fallen comrades lost in the horrible and unprovoked acts of war against our nation on Sept. 11 is a stark reminder that our forces today are, as always, on point for our nation.

Each day you serve, you voluntarily forego comfort and wealth. You face hardship and sacrifice in defending the nation's security and spreading the blessing of democracy to others in countries around the world, from Korea to Kosovo. Your actions in a multitude of missions — humanitarian assistance, disaster relief, peacekeeping, warfighting — animate the Army core values: loyalty, duty, respect, selfless service, honor, integrity and personal courage. Your service ensures we never fail in our non-negotiable contract with the American people — to fight and win our nation's wars. You constantly amaze us with the strength of your dedication and your unwavering morale.

To all of you, whether far from home or here in the United States, thank you for your contributions and your countless sacrifices. It is an honor to serve with you, and we could not be more proud of the great work you are doing. You carry on the legacy of valor and service that soldiers before you established.

And so on this day of reflection and tribute, our grateful nation thanks our veterans — those who made the ultimate sacrifice for freedom, those still serving, those no longer in uniform, young and old — for all they have done and continue to do for our great country. We pledge to you our tireless efforts to ensure that the Army remains the world's pre-eminent warfighting land force, the most esteemed institution in the nation and the most respected army in the world.

ERIC K. SHINSEKI  
General, United States Army  
Chief of Staff

THOMAS E. WHITE  
Secretary of the Army



**Fort Lee, Va.**

## DeCA to Give Scholarships

APPLICATIONS for the second annual Defense Commissary Agency/Fisher House Foundation Scholarships for Military Children Program will be available beginning Nov. 1 at your local commissary and for download at [www.commissaries.com](http://www.commissaries.com).

Almost 400 scholarships were awarded this year, and the agency expects to award even more scholarships in 2002, said Defense Commissary Agency Director, Air Force Maj. Gen. Robert J. Courter Jr. Qualified children of U.S.

military ID card holders, including active duty, retirees, and Guard and Reserve members, may apply for the \$1,500 scholarships. Eligibility of applicants, including survivors of deceased members, will be determined using the DOD ID Card Directive. The deadline for filing applications is Feb. 5.

Two major changes are in store for the 2002 program.

First, students will not have to show ID at the commissary when turning in their applications, and applicants who don't live near a commissary can mail their applications to their closest commissary locations.

Also, student eligibility will be verified through the Defense Enrollment and Eligibility Re-

porting System before scholarships are awarded. Sponsors should ensure their children are enrolled in DEERS before applying for a scholarship.

A permanent information page for the Scholarships for Military Children Program has been added to [www.commissaries.com](http://www.commissaries.com). — *DeCA Public Affairs Office*

**Washington, D.C.**

## Myers Sworn in as JCS Chief

AIR Force Gen. Richard B. Myers became the 15th chairman of the Joint Chiefs of Staff on Sept. 30, succeeding GEN Henry H. Shelton as the president's top military adviser.

Marine Corps Gen. Peter Pace succeeded Myers as vice chairman. Pace is the first Marine to serve as vice chairman of the Joint Chiefs. Myers was confirmed on Sept. 14.

"Secretary of Defense Donald Rumsfeld and I thought long and hard about this important choice, and we enthusiastically agree that the right man to preserve the best traditions of our armed forces, while challenging them to innovate to

meet the threats of the future, is Gen. Richard B. Myers," President George W. Bush said when nominating Myers.

Bush called Myers, who was vice chairman from March 2000 until his appointment as chairman, an officer "of steady resolve and determined leadership" who "understands that the strengths of America's armed forces are our people and our technological superiority. And we must invest in both."

Myers was a fighter pilot in Vietnam, is a former commander of U.S. Space Command and was the assistant to former JCS chairman GEN John Shalikashvili. Rumsfeld characterized Myers' career as "the embodiment of the transformation with which he will be charged as chairman of the Joint Chiefs of Staff."

Pace, a former deputy commander of U.S. Forces, Japan, has served "from the jungles of southeast Asia to the streets of Mogadishu," Rumsfeld said.

Under the leadership of Myers and Pace "the men and women of the U.S. armed forces are in fine hands," Rumsfeld said. — *American Forces Press Service*

## Uniform Update

### Beret Fielding Next Year

ABOUT 750,000 Army black berets have already been delivered, but there are still troops at more than 17 active-duty installations waiting to don the new headgear.

U.S. Army, Europe, is scheduled to be the last active-duty command to receive them, in March. In May the Army announced that not all soldiers would receive berets by June 14, the Army's birthday.

An updated fielding plan states that berets will be shipped monthly and initial fielding should end in April for the National Guard and Reserve.

Delays in the earlier fielding plan was a result of one of the manufacturers temporarily shutting down and the Army's decision to set aside berets for sustainment purposes, said Jack Hooper, a Defense Logistics Agency spokesman.

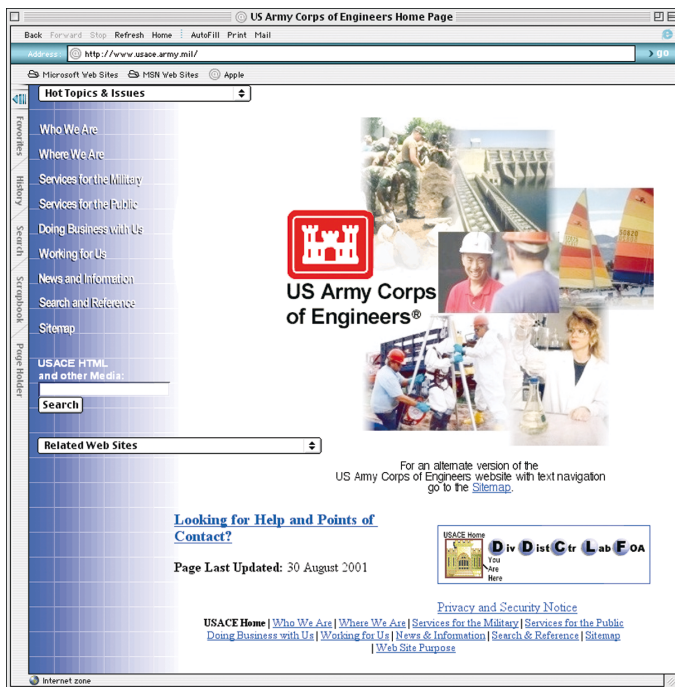
Bancroft Cap, the sole U.S. manufacturer, is now making the black berets again, as well as green, tan and maroon berets. It is working to establish a second textile factory shop, Hooper said.

The Army also decided to set aside a number of berets to sustain soldiers who have already received their first berets, Hooper said, rather than waiting until all Army personnel received their initial issue.

Dorothea Knitting Mills in Toronto, Canada, is the only other company currently under contract to produce Army berets. The company is shipping its berets on schedule to DLA storage depots, according to DLA's Logistics Policy and Acquisition Management. — *Army News Service*



**USAF Gen. Richard B. Myers became the 15th chairman of the Joint Chiefs of Staff on Sept. 30. Marine Corps Gen. Peter Pace succeeded Myers as JCS vice chairman.**



**The U.S. Army Corps of Engineers' website (www.usace.army.mil) is one of several sites authorized to publish official forms and publications.**

## Washington

### Official Sites for Forms Listed

TO ensure that users of Army publications are provided a reputable source for accessing official Army publications and forms on-line, the Army has designated "official websites" to serve as hosts to publish departmental administrative, training and doctrinal, and technical and equipment publications and forms.

By establishing a limited number of official websites, the Army minimizes its potential litigation risks, reduces the confusion created by duplication of effort, and prevents unauthorized information or drafts from being published to the Army and the public as official policy.

Designating an official website ensures that customers Armywide have access to the most recent and creditable

version of a publication or form.

The five official websites are:

- U.S. Army Publishing Agency, **www.usapa.army.mil**, for administrative departmental publications and forms (e.g., Army Regulations, Circulars, Pamphlets, Optional and Standard Forms, and Department of the Army Forms).
- U.S. Army Materiel Command (AMC) Logistics Support Activity, **www.logsa.army.mil**, for technical and equipment departmental publications (e.g., Technical Manuals and Supply Catalogs).
- U.S. Army Training Support Center, **www.adtdl.army.mil**, for training and doctrinal departmental publications (e.g., Field Manuals, Training Circulars and Soldier Training Publications).
- U.S. Army Corps of Engineers, **www.usace.army.mil**, for training and doctrinal departmental publications with en-

gineering and design criteria.

- The Surgeon General/Medical Command, **www.army.medicine.army.mil**, for training and doctrinal departmental publications with medical content (e.g., TMs, Technical Bulletins and Supply Bulletins). — *U.S. Army Publishing Agency*

## Tuzla, Bosnia-Herzegovina

### Area Support Group Activated in Bosnia

AREA Support Group Eagle was activated recently in a ceremony at Eagle Base, Bosnia. The ASG had been serving in Hungary as the United States Army Support Element, Taszar. That organization was concurrently inactivated.

The ASG was moved to Eagle Base to support the Task Force Eagle commander, so he can focus on the overall mission of maintaining stability in

Bosnia without having to be as concerned with support issues, said COL William Haass, the ASG commander.

During the ASG Eagle activation ceremony MG Walter Sharp, the commander of Multinational Division (North), said: "The addition of the ASG will allow the TFE troops to focus more completely on our patrolling, compliance inspections and engagement tasks. Their presence will allow us to more efficiently accomplish SFOR's mission in Bosnia."

The ASG is responsible for the welfare of soldiers through oversight of dining facilities, commanding the guard force and undertaking mail service. Troop morale is addressed by coordinating with the morale, welfare and recreation office, officials said.

The ASG is preparing to take over some missions that have been previously handled

## Veterans News

### VA Creates Regional Liaisons to Veterans Groups

SECRETARY of Veterans Affairs Anthony J. Principi recently announced the creation of a new network of regional liaison officers who will work with state and local elements of veterans service organizations, or VSOs.

"VSOs are our partners in developing solutions, as well as in identifying problems," Principi said. "By strengthening our ties to the VSOs at the state and local levels, we can improve VA's service to America's veterans."

The six regional liaisons will be stationed throughout the country according to veteran population and geographical areas. They will be located in Department of Veterans Affairs facilities.

Working with community-based veterans' organizations, including state directors of veterans affairs, the liaisons will attend conventions, meetings and other functions to facilitate communications between veterans and the VA. They will also coordinate outreach activities to inform veterans and the public of VA programs.

John W. Smart, director of VSO Liaisons, will coordinate the regional liaisons from VA's Central Office in Washington, D.C. — *Department of Veterans Affairs PAO*



by infantry units.

"We're simply assuming the command-and-control functions. We'll still have the same number of towers. The same number of troops will still be

required for guard mount," Haass said.

The ASG doesn't just serve on Eagle Base, though.

Haass explained that area support teams at Camp

McGovern and Camp Comanche are remote links to the ASG, allowing the Area Support Group to service those bases' needs as well. — ARNEWS

## Benefits News

### SGLI Expands to Include Spouses, Children

THE Servicemembers' Group Life Insurance plan will also cover soldiers' spouses and eligible children, beginning Nov. 1.

The Veterans' Opportunities Act of 2001, signed by President George W. Bush last spring, allows for up to \$100,000 coverage for military spouses and \$10,000 coverage for each child.

If the service member has SGLI coverage of \$100,000 or more, maximum coverage for the spouse will be automatic, and premiums will be deducted along with the member's premium from each month's pay. If the service member carries less than \$100,000 coverage, however, the spouse's coverage can be no higher than the member's premium, said Navy Capt. Chris Kopang, the Defense Department's director of compensation.

Premiums will be based on amount of coverage elected and the spouse's age, he said.

Coverage for children up to age 18, or 23 if a full-time student, is free and automatic, so long as the member is participating in SGLI, Kopang said. Eligible reserve-component members will receive the same family-member coverage, with premiums being deducted from their drill pay, he said.

If soldiers do not want insurance coverage for their spouses or want a reduced amount of coverage, they must have submitted form SGLV-8286A, "Family Coverage Election," to their personnel officers prior to Nov. 1 to avoid making payments for insurance.

Service members married to other service members are also automatically eligible for up to \$350,000 in coverage.

Eligibility for spouse and children's coverage would end if the member terminates coverage, separates, retires, dies, or if the couple divorces. However, spouse coverage will extend 120 days past the date eligibility ends.

"That will give the spouse the opportunity to convert their policy to a commercial policy," Kopang said.

Spouse coverage can be converted to commercial policies when the service member separates from the military, but cannot be converted to the Veterans' Group Life Insurance plan.

For more information go to [www.insurance.va.gov/sglivi/sglifam.htm](http://www.insurance.va.gov/sglivi/sglifam.htm). — AFPS

## Washington

### Defense of Freedom Medal Unveiled

SECRETARY of Defense Donald H. Rumsfeld announced on Sept. 27 the creation of the Defense of Freedom medal to honor Department of Defense civilian employees injured or killed in the line of duty.

The medal will be the civilian equivalent of the Purple Heart. The first recipients to be honored will be DOD civilians injured or killed in the terrorist attack on the Pentagon.

At the secretary of defense's discretion, the medal may be awarded to such non-DOD employees as contractors, based on their involvement in DOD activities.

The medal, a golden circle framing a bald eagle holding a

shield, "exemplifies the principles of freedom and the defense of those freedoms upon which our nation is founded," DOD officials said. The back reads "On Behalf of a Grateful Nation," followed by a space for the recipient's name. A laurel wreath represents honor and high achievement. The ribbon is red, white and blue. The red stripes commemorate valor and sacrifice. The wide blue stripe represents strength. The white stripes symbolize liberty as represented in our national flag. The number of red stripes represents the four terrorist attacks using hijacked airplanes, and the single blue stripe represents the Sept. 11, 2001, terrorist attack on the Pentagon.

"This medal acknowledges civilian employees of the Department of Defense and other civilians in service to the Department of Defense who are killed or injured while on duty," said Charles S. Abell, assistant secretary of defense for force management policy. "It reinforces the total-force concept that makes our nation so strong." — DOD News



The new medal honors DOD civilian employees and other civilians in DOD service who are killed or injured while on duty.



Rowe: Rescued soldiers from stormy sea.

*Rowe swam the disabled soldier to shore, while encouraging the other soldier to keep on swimming.*

**MAJ Russell Rowe**, commander of the Army Health Clinic in Livorno, Italy, thought it was just going to be another day at the beach. Instead, the former special forces physician chose to risk his own life to rescue two soldiers caught in a strong undertow near the American Beach at Camp Darby, Italy.

The day was unseasonably windy and chilly. But the strong wind and rough surf didn't keep four U.S. soldiers, who'd come to the beach for a weekend break, from diving in to enjoy it. Local lifeguards had ordered the red flag raised at the beach, signifying dangerous swimming conditions. It also meant no lifeguards would be posted.

Waves that day averaged two to three meters high. And under red flag conditions, even a lifeguard who happens to be on the beach isn't authorized to risk his life — without assistance — to save someone.

Rowe was on the beach with his family when the soldiers were swept out to sea by a strong undertow, two of them some 300 meters out. Rowe immediately dove into the ocean, realizing there was no time to have someone attach a safety line.

When Rowe reached the two, one was exhausted from trying to support the other, who could no longer swim. Rowe swam the disabled soldier to shore, while verbally encouraging the other soldier to keep on swimming.

Meantime, a lifeguard, using a safety line, had reached the other two soldiers who were closer in.

Officials at Southern European Task Force headquarters said without Rowe's assistance the two soldiers would probably not have survived.

"There've been only three times in my life I thought I was going to die, and this was one of them. When I realized their lives were in danger, I simply reacted," Rowe said at a recent ceremony in which BG Richard L. Ursone, commander of Europe Regional Medical Command, presented him the Soldier's Medal for heroism in peacetime. — *Chiara Mattiolo, Camp Darby Public Affairs Office*

**H**e was president of the United States, but his name appears on the Pentagon's Hall of Heroes as **LTC Theodore Roosevelt**.

On an opposing wall is the name of his son, **BG Theodore Roosevelt Jr.**, an Army Reserve hero of both world wars.

The elder Roosevelt was formally inducted into the Hall of Heroes — described as the Pentagon's most sacred place, where all the nation's Medal of Honor recipients are listed — in a Pentagon ceremony July 16. Two other Army MOH recipients, one from the Civil War and one from the Vietnam War, were also inducted.

**CPL Andrew Jackson Smith** of the 55th Massachusetts Volunteer Infantry received the recognition for saving the regimental colors during the Battle of Honey Hill, S.C., on Nov. 30, 1863. **CPT Ed W. Freeman** of Company A, 229th Helicopter Battalion, 1st Cavalry Division, made 14 flights, under intense fire, into Landing Zone X-Ray on Nov. 14, 1965, bringing in supplies to a heavily engaged infantry battalion and taking out wounded. He received his MOH on July 16 from President George W. Bush and wore it proudly at the induction ceremony.

The elder Roosevelt earned the MOH for his actions during the Spanish-American War at the battle of San Juan Hill, Cuba, on July 1, 1898, while in command of the 1st U.S. Volunteer Cav. Regiment, better known as the "Rough Riders."

A former officer in the New York National Guard, Roosevelt resigned his post as assistant secretary of the Navy at the beginning

**Theodore Roosevelt's great-great grandson, Winthrop Roosevelt (second from right), joined (from left to right) Army Chief of Staff GEN Eric K. Shinseki, Sen. Kent Conrad of North Dakota and SMA Jack Tilley at the ceremony.**





of the Spanish-American War to accept a commission as a lieutenant colonel in the Rough Riders, which he helped recruit, organize, train and lead to Cuba.

After leading the much publicized charge up Kettle Hill, on the right flank of the attack on San Juan Hill, he was elected governor of New York and vice president under President William McKinley. Roosevelt became president after McKinley's 1901 assassination. Elected in his own right in 1904, he is recognized as one of the nation's most dynamic presidents. He died on Jan. 6, 1919 at the age of 60.

Roosevelt's eldest son's service in the Organized Reserves, as the Army Reserve was then called, lasted more than 25 years, from before World War I until his death during World War II.

Theodore Roosevelt Jr. served in both world wars, earning every combat decoration available to a foot soldier. During World War I he commanded a battalion of the 26th U.S. Inf. Regiment, 1st Inf. Div., and then the regiment itself. He was gassed and severely wounded during combat in France and was decorated five times.

Recalled to active duty in April 1941 and promoted to brigadier general in December 1941, Roosevelt served as assistant division commander of the 1st Inf. Div. throughout the North African and Sicily campaigns. Transferring to the 4th Inf. Div. as its assistant division commander, Roosevelt insisted on leading it ashore in the first wave on D-Day, the first general officer to land on a Normandy beach. He was awarded the MOH for his actions at Utah Beach on June 6, 1944.

Roosevelt died of a heart attack at the age of 56 on July 12, 1944, in Normandy and received the MOH posthumously on Sept. 28. — *LTC Randy Pullen, Office of the Chief, Army Reserve*

**S**GT Keith Sieracki, a member of the World Class Athlete Program, has been seeking redemption since the U.S. trials for the 2000 Olympics in Sydney,

Australia, where he won in the 167.5-pound Greco-Roman weight class, but was denied a spot on the U.S. Olympic team by a controversial court ruling.

Recently, after a convincing win at the World Team Trials in Cincinnati, Ohio, Sieracki earned the right to compete at wrestling's World Championships in New York.

Sieracki and **SGT Dominic Black**, the other Army World Team Trials champion, led a powerful All-Army wrestling team at

the Cincinnati tournament. The Army team had six wrestlers in the finals of the team trials and placed eight wrestlers on the U.S. national team, a first, according to team coach Shon Lewis. Black wrestles in the Freestyle 213.75-pound weight class.

Sieracki dominated New York Athletic Club's T.C. Dantzler 9-0 in their first bout in the best-of-three finals competition, but the second bout was closer.

"I knew in the second match he was going to come out strong," said Sieracki. "I had to stay focused and stay in position to win the match and get out of there with a level head."

Like Sieracki and Marine Sgt. Marcel Cooper, Black didn't wrestle until the last day of competition. Other wrestlers competed the first two days for a chance to wrestle the Nationals champions on the last day. The finals bouts were best of three.

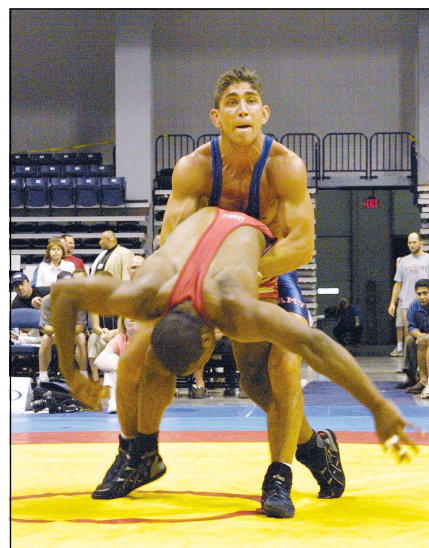
Black returned to the mat determined to prevent his opponent from scoring two and three pointers. The second match was a defensive struggle for the freestylers, ending in a 3-1 win for Black. Halfway through the third match, Black hit a three-point takedown off a lifting double. The match ended 5-0 for Black.

"You don't lose matches giving up one pointers, you lose matches when you give up two and three pointers," Black said after his finals victory. "That's what I did in the first match, but I was able to stop that in the second and third matches."

Cooper also needed three matches against Army wrestler Keith Wilson to win the 152-pound Greco-Roman title. All three matches went into overtime. In the first, a two-point penalty against Wilson gave Cooper a 2-1 victory. Wilson bounced back in the second match, which stood at 2-2 at the end of the second period. A one-point penalty against Cooper in overtime gave Wilson the match. In the rubber match, Cooper led 2-0 going into overtime. A one-point penalty against Wilson in overtime gave Cooper the match and the title.

Other Army wrestlers in the finals of the Greco-Roman competition included **PFC Glenn Garrison**, **SPC Jason Loukides** and **SPC Dremiel Byers**, who took Olympic gold medalist Rulon Gardner to overtime in both matches before losing. — *Douglas Ide, Community and Family Support Center PAO*

*"I had to stay focused and stay in position to win the match and get out of there with a level head."*



**Sieracki: Wrestling winner.**



SPC Chris Putman



Soldiers of the Army Reserve's 88th Regional Support Command control a "prisoner" during training at Fort Knox's "Doom City" Military Operations in Urban Terrain site.

## Fort Knox, Ky.

### MOUT Perfection: Above Conventional Thinking

PRACTICE makes perfect. That's the conventional thinking for training scenarios. And although it can never cover all of the situations soldiers may face, the "Doom City" Military Operations in Urban Terrain site here provided plenty of practice for the Reserve units visiting it this year.

One group, combined units of the 342nd Military Police Company, 447th MP Co. and

Headquarters and Hqs. Co., 391st MP Battalion, came to "Doom City" to hone their skills in medevac, forced-entry, room-clearing and mounted-escort operations.

Soldiers began the training by walking through the scenarios several times, with the speed picking up each time. By the end of the weekend, the training was being played out at full speed, complete with pyrotechnics and hostile demonstrators.

"We had some good hostile-demonstrator exercises," said MAJ Mark Arnold, com-

mander of the 391st MP Bn. "Our troops had to deal with the hostile environments that they could face." Arnold himself acted as a hostile demonstrator during one phase of training, giving him a different view of his troops' actions.

Teamwork was stressed in each training scenario throughout the weekend. Teams moved through each structure in room-clearing exercises, clearing each building room by room while watching out for each other. At a mock-up of an embassy building and compound, it was teamwork and vigilance

that kept the area secure.

"This will make us better oriented as to what could happen and how to react," said SGT Daniel Smith of the 447th MP Co. "It will help us pick out disturbance leaders and get them out of the crowd before things get out of control."

The MOUT site is equipped with a high-decibel and multidirectional sound system and impressive pyrotechnic effects to add realism to the experience. Video cameras record each mission, to provide study and improvement on each training run.



"I think that, with this kind of training, we are taking the battalion to a new level of readiness," Arnold said. — *SPC Chris Putman, 367th Mobile Public Affairs Detachment*

#### Nampula, Mozambique

### Army Engineers Improve Clinics

WHILE a group of Air Force medics and a Navy corpsman provided medical care to Mozambique civilians in and around Nampula, a team of Army engineers improved the conditions of three medical clinics in the area.

The Germany-based soldiers, 10 from the 94th Engineer Battalion in Hohenfels and one from Company B, 249th Engr. Bn., in Heidelberg, were part of Exercise MEDFLAG 01-02, which ended in August.

At the Rapale Medical Clinic in Nampula the engineers upgraded electrical systems and built a kitchen. Improvements included installation of lights, outlets and a fuse box with circuit breakers. Previously, there were only two light bulbs and two outlets in the entire clinic. The kitchen is a nine-foot by 15-foot addition, with a brick stove containing two cooking surfaces.

The soldiers also built another brick stove, upgraded electrical systems and installed a water pump and backup generator at the Anchilo Medical Clinic in Nampula. At the third clinic, in Marrera, they installed window and door screens to help keep out mosquitoes.

Air Force Lt. Col. Michael Panosian, 48th Expeditionary Medical Squadron commander, said the electrical upgrades expand the clinics' capabilities, the water pump brings in running water to improve hygiene,

and the kitchen facilities improve the clinics' safety and ability to feed patients.

"While the medical care, training, equipment and supplies provided by our medics are quite beneficial and will have lasting benefits," Panosian said, "the work the engineers did are capital improvements that will truly have long-term benefits." — *Tech. Sgt. Ann Bennett, Air Force Print News*

**SGT Robert Schultz, a prime-power production specialist, installs a circuit breaker in a fuse box at the Rapale Clinic during Exercise MEDFLAG 01-02.**



Tech. Sgt. Ann Bennett



Jamie Danesi

#### Fort McPherson, Ga.

### "Cop-etition" Tests Military and Civilian Police

THE U.S. Army Garrison's Military Police Special Operations Team from Fort McPherson was one of 14 teams that competed in the recent Southeastern Special Weapons and Tactics Conference and Training event in Spartanburg, S.C.

Eight garrison SOT soldiers competed against two other military and 11 civilian law-enforcement teams in a variety of events that challenged participants and tested their capabilities in elite police skills. The events included hostage-rescue scenarios, obstacle courses, rappelling and shooting competitions.

The soldiers also attended classes on various aspects of law enforcement, giving them an opportunity to get hands-on experience and training with some of the field's latest equipment.

SSG David J. Fullmer, the SOT's NCOIC, said the event was a good one for the soldiers to receive training and to work together as a team.

**SGT Toby Hansen helps SGT Eddie Goynes hook his harness to a rope. The suspended Goynes was then pulled across an obstacle course.**

"Overall it was a great opportunity to learn and lead soldiers," he said.

The team members said none of them had participated in this type of competition before. The team placed ninth in the event.

The team members who competed were 1LT Christina R. Kirkland; SSG David J. Fullmer; SGT Darius Gist; SGT Eddie R. Goynes; SGT Toby L. Hansen; SGT Jimmy R. Wathen; SPC George W. Ellison III; SPC Erik R. Miller; and SPC Michael A. Odle. — *Jamie Danesi U.S. Army Forces Command PAO*

# More Postmarks

From Army Posts Around the World

## Pattaya District, Thailand

### Veterinary Outreach Program

WHEN many people think of Thailand, they think big — as in elephant-big. When soldiers working with local veterinarians here provided vaccinations and basic treatment to abandoned dogs and cats, they, too, thought big. They even examined an elephant suffering from an infected toenail.

"We'll do what we can for any animal we find, big or small," said CPT Kim Lawler of Western Pacific District Veterinary Command, Guam. Lawler was part of a U.S. team of two veterinarians and one veterinary technician participating in this

year's Cooperation Afloat Readiness and Training exercise.

CARAT is the Navy's premier bilateral exercise in the Western Pacific, intended to enhance regional cooperation, increase interoperability and build military-to-military and personal relationships. In addition to extensive at-sea operational exercises that refine navigation and seamanship skills, community-outreach programs such as the veterinarian civic action project round out the CARAT plan.

The Army is the only branch of the armed forces with veterinarians, and so participates in naval exercises to get field experience and practice a variety of animal-care tasks. Army vet-

erinarians' primary mission is to inspect the military's food supply.

The team visited the Wat Yan Sangwarum Buddhist temple and nearby Royal Thai Forestry Refuge, not only to provide aid to the animals but also to prevent health problems in the communities where the animals live. During CARAT, the team gave the animals vaccinations, deworming medication, and flea and tick medication.

The other team members were CPT Wayne Lipovitch, a member of the Rocky Mountain Veterinary district at Fort Carson, Colo.; and SSG Theodore Plemons, who is assigned to Tripler Army Medical Center, Hawaii. — *JO1 Joseph*

*Krypel, Destroyer Squadron One Public Affairs Office*

## Dhofar, Oman

### Demining Training Continues in Oman

OMAN has been at peace for years, and the majority of its citizens have never encountered a land mine. But parts of the country are littered with mines from past skirmishes, and records of the mines' locations are hard to find. In other cases, where there may be faded, handwritten records, heavy rains have often carried the mines some distance from where they were originally placed.

Soldiers from the Third U.S. Army and Army Forces Central Command's humanitarian demining team are instructing engineer soldiers from the Royal Army of Oman on how to locate, deactivate and remove these mines.

"The goal is to reclaim the mined areas for civilian use," said MAJ Darrell Strother, commander of the 25-man training team. The training lasts for 90 days and is broken into three main areas: demining, information management and mine awareness.

"When we go into a country for humanitarian demining, we don't go into the minefields and start clearing it for them," Strother said. "By regulation, we cannot go into any minefield. We're here to train the Royal Army of Oman's engineers to United Nations international demining standards, then we watch the RAO trainers instruct their fellow soldiers."

Classroom work takes time, due to both the language barrier and technical nature of the instruction, said SSG Kevin Rast of the 27th Engineer Bat-

PH2 Erin A. Zocco



**Veterinary soldiers participating in the CARAT exercise vaccinate a young dog found abandoned in Thailand's Wat Yan Sangwarum temple.**





SSG Jeff Troth

putting up and clearing minefields. "With this training I can serve both my country and my people better." — SSG Jeff Troth, Third U.S. Army/ARCENT PAO

#### Ankara, Turkey

### Baseball Diplomacy

ONE Saturday morning each month, well before daylight, MAJ Russell J. Chun begins a three-hour drive on his way to conduct a very different kind of diplomatic mission. This was Chun's second

summer organizing groups of volunteers from the Office of Defense Cooperation and oth-

ers in the diplomatic community to lead baseball clinics for children in Düzce, a town demolished by earthquakes.

The quakes caused more than \$16 billion in damage to Turkey's industrial heartland in August and November of 1999. More than 23,000 buildings were condemned and 600,000 people were left homeless.

According to a World Relief census, there were more than 240 children in Düzce living in temporary structures, often in nothing more than tents or shipping containers. So Chun and his volunteers spend much of their off-duty time requesting donations from people and organizations back home and try to visit the town once a month to distribute baseball equipment, hand out clothing and toiletries, and bring packed lunches and watermelon for about 150 children.

Turkish-speaking volunteers translate instructions as American coaches lead the children in throwing and batting

practice. Then the children organize by age and sex to play games. Competition is enthusiastic but friendly, and everyone earns a "medal" — a candy bar hung from his or her neck by a ribbon.

The volunteers are sponsored by an organization called GoodSports International, who also sponsored Chun when he coordinated similar baseball programs in the Slovak Republic, where children are at risk from drugs and prostitution.

"For different reasons, in both places, the communities are faced with the long-haul challenges of rebuilding themselves," Chun says. "Baseball doesn't do everything, of course, but family members begin to get involved again through the games.

"No matter where they are, children still need to play and laugh and run around. In fact I think that's our secret weapon in helping communities rebuild," he said. "Having fun." — Nancy Stroer

**CW2 Robert Hart of 3rd Battalion, 5th Special Forces Group, helps an Omani soldier don protective gear before a mine-clearing exercise.**

tion at Fort Bragg, N.C. But one way of dealing with the language problem has been to rely on translators such as SGT Rami El-Souhag, a member of Fort Bragg's 8th Psychological Operations Bn., and to reinforce the instruction with plenty of hands-on training.

The result has been RAO trainers who are more aware of the safety requirements of demining operations and more skilled at managing the demining process and building mine awareness in the general population.

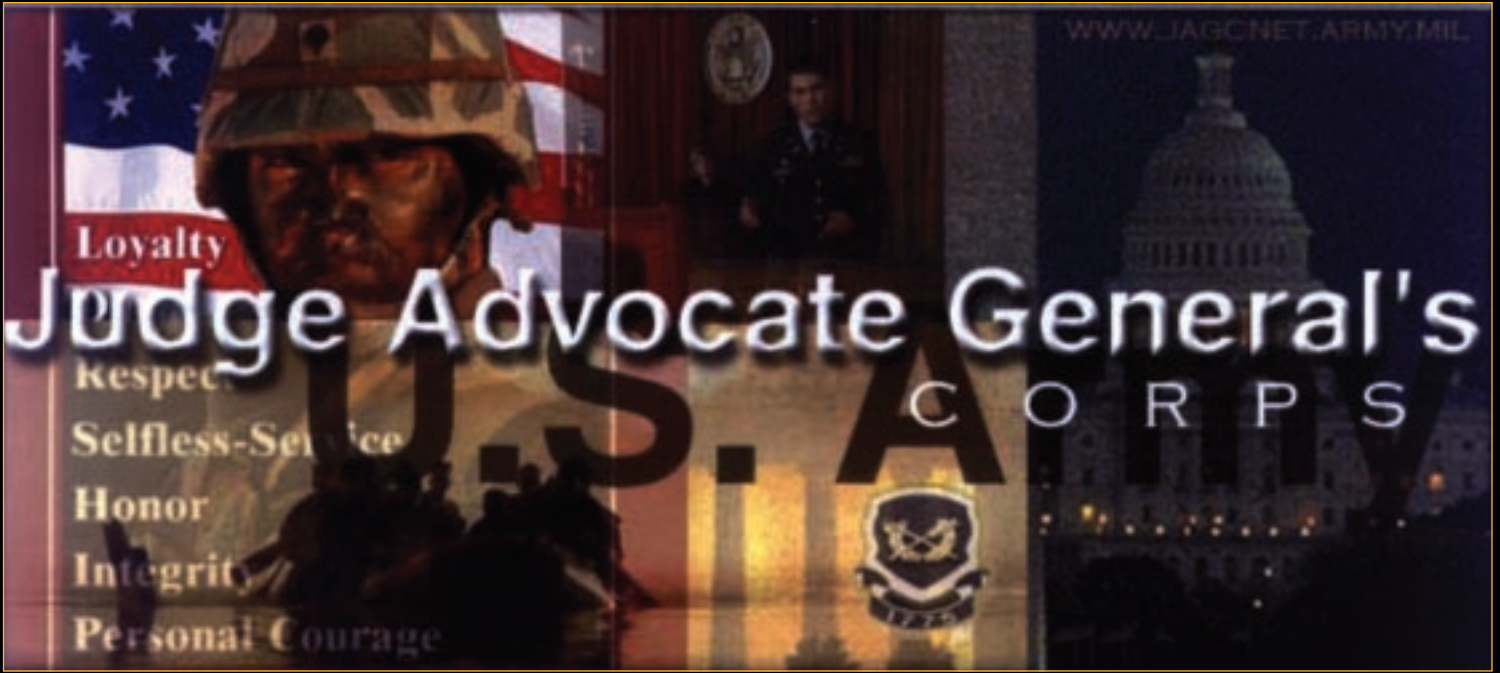
A secondary impact of the training may affect how the RAO interacts with the civilian population.

"Before the U.S. soldiers came, my job was just related to the military. Now it has combined military with civilian," said Nasser Saif Al-Nofli, who prior to the mine-awareness classes was a field engineer tasked with



Nancy Stroer

**Even a broken leg couldn't keep MAJ Russell J. Chun "benched" during the American-Turkish baseball clinic held in the earthquake-damaged village of Düzce.**



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**The International Special  
Training Center:**

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# Training



# Europe's Best

Story and Photos by  
Heike Hasenauer

**I**N a tiny village in the Danube Valley, nestled deep in the rolling hills near Pfullendorf, Germany, soldiers from special forces and long-range reconnaissance patrol units from nine nations undergo tough training that teaches them more than by-the-book combat skills.

Occasionally a student at the International Special Training Center wonders what in the world he's doing here.

One student's heartfelt letter, posted outside a classroom of the Combat Survival Course, testifies to that.

Nobody really knows how long it's been there, or what became of the young soldier who wrote it. But instructors said they sometimes witness a newly arrived student stopping to read the hand-written scrawl, cracking a disbelieving smile as though the guy who wrote it might have been nuts — even laughing good-naturedly at portions of it or mumbling empathetic words.

The letter is just there, it seems, to assure potential quitters, who have yet to experience the hell of surviving alone under some of the harshest winter



**(Main photo)** Students in ISTC's Advanced Patrol Course learn how to move out as a team to conduct raids and ambushes. **(Inset)** The three-week Sharpshooter's Course requires soldiers to move into an area, locate a target and carefully conceal themselves after firing on the target.



conditions, that when they feel their world may be caving in and they can't last one more day, it won't, and they can. Others have been wracked by similar feelings of fear and uncertainty and have survived, said ISTC's Survival Division officer in charge, a member of the Norwegian Army Special Operations Command.

"I live in a hole that I covered with branches," the distraught specialist wrote. "If I had military gear, it wouldn't be so bad. I actually live in a trash bag lined with burlap sacks. I don't even know why I'm here. God, the roster of attendees gets smaller every day.

"I can't recall loving or missing anyone as much as I do you," he went on. "Tears are freezing on my face..."

The young soldier had been in the midst of the four-day isolation phase of the center's three-week Combat Survival Course. It's a time when students must start their own fires, build shelters and make due with the little food they've been given. And they wear the self-made clothing and use the self-made equipment they fashioned during the first week of the course, from material

provided by the school and whatever else they can scrounge.

Besides winter clothing — from mittens and headgear to coats and footwear — the improvised equipment includes makeshift compasses made from things like tin cans and plasticware, magnets and sewing needles; spears made of whittled-down tree-limbs; and sleds and snowshoes made of pieces of leather, wood,

themselves, dog and tracker teams from other nations' special operations forces are used to pick up their trails and give chase.

The course is conducted only four times annually, during winter months, "when soldiers have to do more to survive," said the Survival Division OIC. "It's among the most difficult courses at the center. If a student quits, it's typically the isolation phase that's the breaking point.

"It's a period when they have time to sit in the woods and contemplate their lives," the OIC said. "Some focus on negative aspects, troubles at home, a sick child perhaps, and they decide they need to go home."

Students are by no means thrown into the wild unprepared, however. Before venturing out on their own, they receive lectures on catching and eating small animals and

fish, and identifying edible plants. Earlier they learn how to construct a working compass and make clothing to protect themselves from the elements.

The Norwegian officer also teaches students how to start a fire using tinder they carry with them.

"If they try to rub two sticks

(Continued on page 14.)



**American and European special forces soldiers attend ISTC to hone their combat and medical skills, and to increase their knowledge of foreign weapons and capabilities.**

shoelaces and cloth.

"It's four days of living on the land. Four days of being pursued by a 'hunter force,' over about 120 kilometers," said instructor SFC Christopher Ninkovich, a U.S. soldier who was previously assigned to the 5th Special Forces Group at Fort Campbell, Ky.

To test soldiers' ability to conceal

*To test soldiers' ability to conceal themselves, dog and tracker teams from other nations' special operations forces are used to pick up their trails and give chase.*

# The International Special Training Center



**An observer-controller tries to locate concealed students. In a real-life operation being located would lead to the soldiers' death or capture.**

**T**HE International Special Training Center located at the German army installation Generaloberst-von-Fritsch-Kaserne in Pfullendorf, Germany, was formerly known as the International Long-Range Reconnaissance Patrol School.

Operated by the British since 1979, it's been under U.S. control since December 2000, said LTC Edward McHale, commander of the center's International Wing. A German army officer is commandant of the center, which is co-located with Germany's long-range surveillance unit.

ISTC is unique in Europe in providing centralized, combined training for special operations forces, long-range reconnaissance patrols and similar units, said McHale.

Multinational operational experiences "have shown us that

knowing each other and understanding how our respective SF forces operate have been critical" in places like the Middle East and Balkans," McHale said. "Every soldier who comes here walks away with a demystification of what the other countries' SF forces are all about."

Instructors, who have years of on-the-ground experience and are among the best in the special operations community, deserve credit for that, McHale said.

"If you just use a book, everybody can be an instructor, but without personal experience, it's worthless," said instructor MSG Dennis Dolan, a former member of the U.S. 7th Special Operations Group, whose practical experience includes tours in El Salvador and Honduras. He also served in Operation Desert Storm, Bosnia and in Albania with Task Force Hawk.

Likewise, one of the Italian instructors served with his country's 9th Special Forces Regiment in northern Iraq and was the victim of a 1993 ambush in Somalia in which several members of his patrol were hit by snipers on the outskirts of Mogadishu.

Currently, soldiers from nine NATO-member nations attend training here to hone their patrolling and special combat skills, medical skills and knowledge of other armies' weapons and capabilities, McHale said. And other new NATO nations are looking into sending their soldiers.

The center offers 10 training courses, primarily for special forces soldiers on-site

and via mobile training teams. On average, it graduates 400 to 500 students annually, McHale said.

Courses include the Combat Survival Course, Combat Resistance Course (with Resistance to Interrogation), Patrol Commander Course, Advanced Patrol Course, Sharpshooter Course, Close Quarter Battle Course, Patrol Medical Course, Combat Arms Recognition Course, Specialist Recognition Course and the Operations Planning Course.

Anyone who attends a Patrol Division or Survival Division course must first complete a language test and run and swim tests, said the Norwegian captain in charge of the Survival Division.



**Lake Constance and the Swiss border are only about a 30-minute drive from ISTC's home in Pfullendorf.**

Students must complete a seven-kilometer run within 52 minutes, carrying a 44-pound rucksack, Dolan said. The 50-meter swim test, in BDUs, must be completed in two minutes.

A major proposed change at ISTC involves a new International Wing training concept that would introduce the International Readiness Training Rotation — "a smaller version of the Joint Readiness Training Center," school officials said.

Training in infiltration techniques would include the addition of waterborne exercises and aviation assets. Additionally, training would be geared more toward the particular needs of the sending country's soldiers. — Heike Hasenauer



**Camouflaged students move out quickly during a field exercise that gauges how much they've learned in ISTC's challenging courses.**



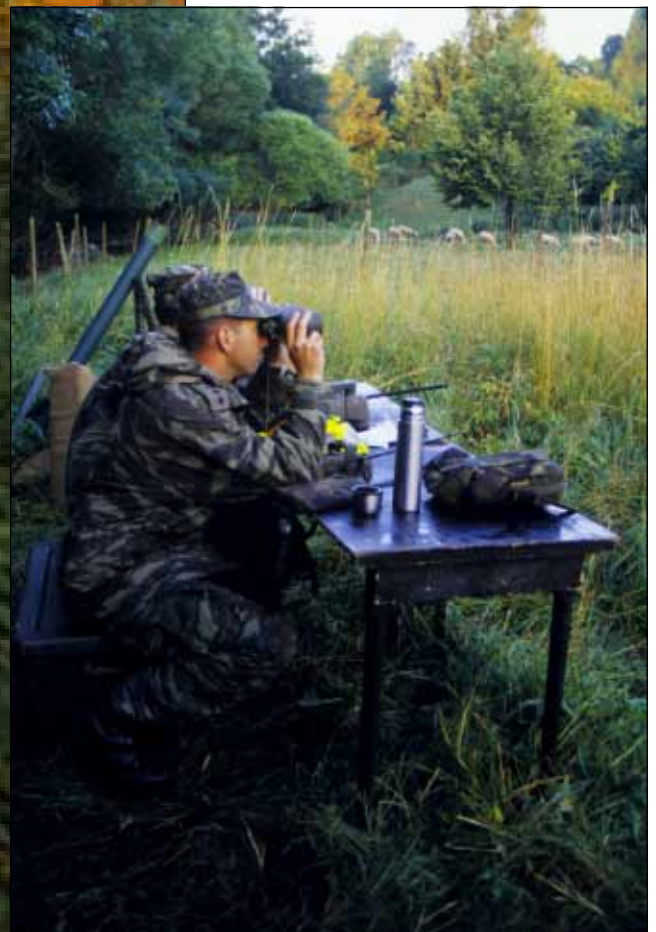


together in this part of the country — where the wood is typically wet from the winter snow — they'll get awfully cold," he said. "We teach them that they should always have something with them to start a fire, like a magnesium block. And the trick to keep a fire going is to collect three times more wood than you think you'll need."

An instructor checks on the "isolated" soldiers once or twice a day to make sure they're OK.

The isolation period simulates what will happen to the soldier if he's separated from his unit while on patrol, and teaches him the skills he'll need to reconnect with his unit.

Soldiers today are good at navigating with the Global Positioning System, but not with standard navigation tools, the Norwegian officer said. The course requires them to navigate with self-made instruments, use terrain to their benefit, obtain food and water, and prepare the food so it'll remain fresh longer.



**(Main photo)** A student in the Advanced Patrol Division moves out.

**(Right)** Course instructors — like these in the Sharpshooter's Course — collectively represent nine nations.

Much of the course is intended to boost self-confidence, he added. "It teaches soldiers they can survive without Gore-Tex, GPS or insulated underwear."

A five-day, 100-kilometer survival movement is also part of the course. Students are required to navigate to given checkpoints. Every 24 hours an instructor checks on their progress.

For some soldiers the course is part of their SF qualification course; if they fail it, they fail their country's SF requirement, said LTC Edward McHale, commander of the center's International Wing.

"In the past, the success rate for this course was only 25 percent," said Ninkovich. "Now it's up to 66 percent, largely because we place more emphasis on not quitting."

## Sharpshooters

Elsewhere in the Heuberg Training Area, about 25 kilometers from Pfullendorf, a group of special operations soldiers spent a recent early morning in the crisp autumn air, under a bright sun, where grazing sheep and an occasional hawk were the only other noticeable living creatures.

After stealing swiftly over a winding path and up over fields of tall grass, the men infiltrated a hilly wooded area. They "stalked" in to "put eyes on" a target — a simulated mortar site — then dug into their "hide" positions in the wood line and reported back on what they had seen.

The soldiers were from the Army's Company E, 165th Military Intelligence Battalion, a long-range surveillance unit from Darmstadt, Germany; Southern European Task Force in Vicenza, Italy; and the Combat Maneuver Training Center in Hohenfels, Germany. The group also included soldiers from Spain, Greece and Norway.



**The movement and concealment techniques learned by special forces soldiers from the United States and other nations could save their lives in future operations.**

Instructors scoured the fields, evaluating the soldiers on their ability to conceal themselves and locate and eliminate targets by estimating distance-to-target without any high-tech gear. Each time a student fired at a target, he risked compromising his position. But not "killing" the target was not an option.

The Sharpshooter Course includes three intense weeks of advanced shooting, camouflage and

concealment techniques, observation sketching and range-estimation classes.

As it neared its end, 15 of a recent class's original 20 students remained. Three had failed the required language test, one the PT test and another got sick, Ninkovich said.

## Patrol Medical Course

SFC Daniel Gay said the Patrol Medical Course is one of the most sought-after courses, providing students with three weeks of basic life support, advanced trauma life support and primary survey procedures, the same techniques emergency-room doctors use.

The course, headed by doctors from Italy and Greece, and a registered nurse and medical officer from Norway, is for soldiers who are not medics, said Gay, who is NCOIC of the Patrol Medical Division.

Keeping class size small — the maximum number of students is 24 — allows one instructor to focus on teaching four to six students, Gay said. It's short, but it's intense, so much so that tutors are on duty every night.

"There are more than 100 chemicals in the body," said MSG Dennis

**Course instructors in the intensive Patrol Medical Course demonstrate the procedures that should be performed in order to care for a "wounded" soldier on the battlefield.**

Dolan, the center's regimental sergeant major. "When I teach the cardiovascular system, I might ask a student: 'What are the two elements that initiate the sodium ion pump? What's the difference between systematic and pulmonary circulation?' And, 'What's a complete blood count?'"

Students use pig tissue to learn suturing skills and the lungs from dead pigs to respond to chest wounds that would temporarily cause the lungs to collapse, Dolan said.

"We teach them how to use morphine and epinephrine, and all the ways to secure an airway with an endotracheal tube," Gay added.

In classroom labs, students hone their skills on mannequins that have movable parts, "blood vessels" and "organs" to simulate everything from loss of consciousness or symptoms of a blocked airway to severe blood loss caused by wounds to a vein or artery.

A three-day field exercise culminates hours of classroom and individual study on the physiology of the







**ISTC courses sharpen the individual skills that contribute to the success of a special forces team, such as the one shown here dealing with a challenging obstacle.**

human body, pharmacology and medical procedures.

The field problem exposes students to all the noise, confusion and stress of the battlefield as they complete tasks such as evaluating a casualty, stabilizing his condition and treating his wounds, starting an intravenous injection and quickly calling for medevac.

It's one of seven practical trauma scenarios students must successfully complete to graduate from the course, said Gay.

## Combat Arms Recognition Courses

"During the Cold War, the Combat Arms Recognition Course was the one soldiers took to identify the second echelon," said Dolan. "In fact, when the school was founded in 1979 by the British, Belgians and Germans, it was funded specifically for this course."

In two weeks, students learn to identify 230 different pieces of "frontline equipment" from various, major weapon-producing countries. Today, it's the equipment used largely in peacekeeping operations.

Students also learn to identify other nations' military uniforms, hand-held weapons and weapon system capabilities, Dolan said.

A three-week Specialist Recognition Course teaches students about 330 pieces of military equipment from around the world and covers command-and-control and communication and electronic equipment, Dolan said. Students also learn to translate the Cyrillic alphabet, used by countries of the former Yugoslavia, into the Latin alphabet, to simplify word recognition.

Instructors use a large computer screen and multi-image software to project nine images on a wall at once. This allows students to view a vehicle

or piece of equipment from various angles. Bulletized information beside each illustration, when selected, provides additional details. And video clips show students what the equipment looks like in action.

Enemy forces often construct decoys to confuse their foes, so students are also exposed to "what we call 'fake systems,'" said course OIC CPT Eruc Erkan, of the Turkish special forces.

"They might encounter, for example, what looks like a Scud missile launcher," Erkan said. "We show them images that have additional wheels, or garden hoses attached somewhere to the system."

And because what soldiers see in a real operation might well be through night-vision goggles, instructors also use available thermal images or create them in the computer, Dolan said.

A puzzle-like display shows bits and pieces of systems, "to get students to focus on recognizable features, rather than on an entire image," Dolan said. That's important, considering students in the two-week course are shown some 40,000 images. Those in the three-week course view some 60,000.

More accurate recognition of equipment used by allies will reduce "blue-on-blue," or "fratricide," incidents, Dolan said.

The classroom itself boasts learning tools that include a train terrain board on which military vehicles travel by railcars around the track and under tunnels. The intent is to heighten students' awareness of tactical activities that could provide valuable intelligence information to commanders.

"If you know what's being loaded, you know what's coming forward," said Adc. Peter Capyo, a Belgian instructor equivalent to a U.S. sergeant major.

Additional training aids include larger-scale models of munitions and

*In two weeks, students learn to identify 230 different pieces of "frontline equipment" from various, major weapon-producing countries.*

equipment, and CDs and magazines from around the world.

"Soldiers are first trained for combat," Erkan said. "This is the next most important thing they learn, because a soldier is always a better asset if he can recognize and report back on enemy soldiers and equipment."

The course is open to all soldiers, said Hfw. Frank Bulow, a German soldier equivalent to the U.S. rank of sergeant first class.

"This is important for every soldier," he said. "Commanders can get reports from all types of units, from cooks to aviators."

"I know from the German and American armies that their soldiers' recognition skills are weak," said Capyo. "It proved to be a problem for coalition forces during the Gulf War, where 70 percent of losses were blue-on-blue."

"S-2s and G-2s — the people on the other end of the radio — need to be familiar with other nations' military equipment and uniforms, too, to understand what the soldier who's

calling in a report is talking about," Capyo said. "If a commander doesn't get correct information, he'll deploy troops based on a mistake."

## Patrol Courses

The Patrol Division runs three courses: the Patrol Commander's Course, Advanced Patrol Course and Close-Quarter Battle Course. They are four, three and two weeks in duration, respectively, said division OIC Belgian Capt. Wim Denolf.

The commander's course focuses on planning a mission. "We spend about half of the course in an isolated area, planning missions," said Denolf. The course covers plans for reconnaissance, insertion, actions on the objective, extraction and escape.

The advanced course focuses on execution of direct-action missions by a team, as for raids and ambushes, and includes sabotage and demolition



**A model railroad is among the many training aids used by instructors in ISTC's highly regarded Combat Arms Recognition Course.**

training. In addition to tracking techniques, students also learn counter-tracking, making false tracks and hiding tracks in the snow, as examples, to evade the OPFOR and dog teams that search for the patrols, Denolf said.

"We always patrol at night. During the day we lie waiting with our eyes on the target. How far we travel depends on the mission," said Denolf, a member of the Belgian Paracommando Brigade. "We have a rule: 'Good patrolling means patrolling about one kilometer per hour. If there's eight hours of darkness, we might infiltrate eight kilometers.'"

In the Close Quarter Battle Course, instructors teach soldiers from special operations and long-range reconnaissance patrol units quick-reaction shooting in a wooded environment, and how to kill or incapacitate an enemy in close-combat using hands, ropes or knives. They also learn how to transport prisoners.

ISTC's scope is greater still. With the center's recent transfer from British to U.S. control, plus the interest shown by other NATO-member nations in sending their soldiers for training, and the proposed changes and additions to the center's curriculum, ISTC remains a leader in training NATO's elite multinational forces in Europe. □



**To avoid "capture," this U.S. soldier-student must keep low and crawl quietly but quickly to a nearby treeline without being seen by the pursuing "enemy."**



**B**OXES of cereal. Jars of peanut butter. Cans of baby formula. They're the same items that have been available to U.S. military commissary shoppers overseas for years.

But recently, for the first time overseas, many nutritionally rich items stocked on the commissary shelves in Baumholder, Germany, and in other

WIC-OVERSEAS provides supplemental foods, nutrition education, and counseling and health-care referrals when nutritional or medical need is documented, Metcalf said.

The nutritional risk assessment of potential program participants is based on an evaluation of an infant or child's height and weight, biochemical data, dietary data and medical history.

Several months later, WIC-Overseas programs sprang up in Schweinfurt and at other Army installations in Germany, and at other U.S. military installations in England. It's expected to be available at 47 locations in Germany, England, Iceland, Italy, Spain and Portugal by fall 2002, Metcalf said.

# WIC-O Help for Overseas

Story and Photos by Heike Hasenauer

commissaries throughout Europe have been identified by little red labels marked "WIC Approved."

And the families of soldiers such as PFC Eric Hernandez of the 90th Postal Company in Baumholder, and SGT Melvin Crabb, a 2nd Battalion, 6th Infantry, soldier there, are benefiting from the program those letters stand for Women, Infants and Children.

Hernandez's wife, Jennifer, and Crabb's wife, Emma Mae, purchase specially marked WIC items for themselves and their infant daughters.

The program targets pregnant or nursing women, or those who have given birth in the past six months, and infants and children up to age five who are at nutritional risk. By supplementing their diets to ensure they eat nutritious meals, WIC helps prevent more serious medical problems, said WIC-Overseas program manager LTC Muriel Metcalf.

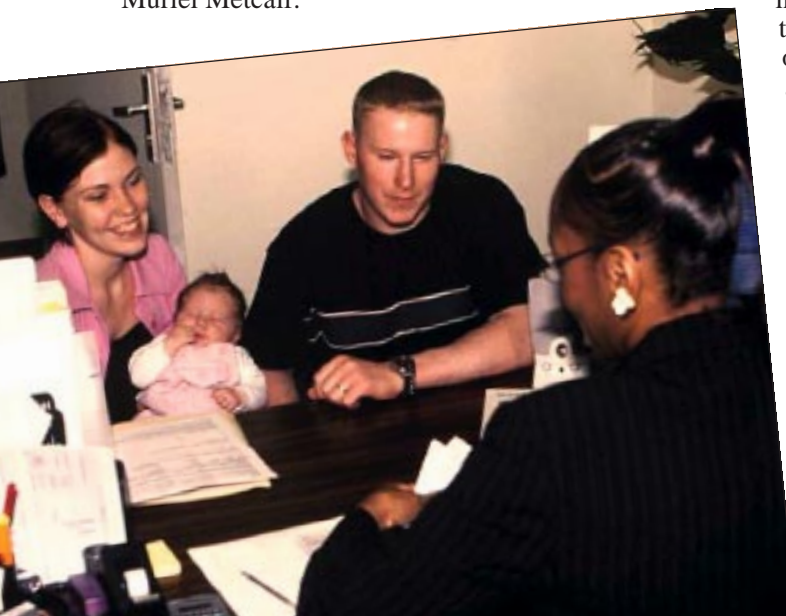
Eligibility for the program is based on total family income, before taxes, and excludes some monetary benefits that are additions to basic pay.

Applicants must be members of the U.S. armed forces, U.S. civilian employees of the U.S. government or U.S. civilian employees of a Defense Department contractor overseas, or their dependents. And candidates must live in an area where WIC-Overseas services are offered. For example, anyone who has a Baumholder APO mailing address can participate in the program at that installation.

WIC began in the United States as an U.S. Department of Agriculture pilot program in 1972 and became permanent throughout the United States in 1974. Today, more than seven million people participate in the state-side program monthly. It became available to military families overseas in early 2001 through two pilot programs, one in Baumholder and the other at a U.S. Air Force installation in England.

**SGT Melvin Crabb of the 2nd Battalion, 6th Infantry, and his wife, Emma Mae, discuss WIC-Overseas benefits for their infant daughter with a program representative in Baumholder, Germany.**

WIC-O provides supplemental foods, nutrition education and counseling



The USDA funds the education and food supplement program in the United States. Overseas, it's provided under the auspices of Army Community Services, in conjunction with Choctaw Management Services Enterprise, a contractor whose dietitians meet with potential WIC-Overseas members to assess their risks for such conditions as anemia and low birth weight.

The community-based program is aimed at improving the quality of life of soldiers and families, said MAJ Jack Trowbridge, commander of the Baumholder Community Health Clinic. He is also Baumholder's WIC-Overseas coordinator and, as a result of working with the TRICARE-Europe office, the European Command Quality of Life Division and Metcalf, is largely responsible for the successful implementation of the program in Europe.

A recent WIC-Overseas report

indicates participation in the long-standing U.S.-offered WIC program has been associated with increased use of prenatal care, longer gestation, higher birth weights, reductions in infant mortality, improved cognitive development and school readiness,

# Families

reduced iron deficiency anemia in children and improved immunization rates.

A major difference between WIC and WIC-Overseas is that in the United States each state developed its own implementation manual using U.S. Department of Agriculture guidelines. This meant that a family that met eligibility requirements in Texas, for example, wasn't necessarily eligible in another state, Metcalf said. For the WIC-Overseas program, the eligibility criteria will be the same at all locations. There are some 29,000 potentially eligible participants in Europe.

Several members of a family can be eligible for WIC-Overseas and, in determining eligibility, a pregnant woman counts as two individuals, said CMSE dietician Julie Snodderly.

In Europe, the families of almost all E-4s and below are eligible for WIC-Overseas, based on family size and income, Metcalf said, but families of junior officers are also enrolled in the program.

## WIC Eligibility Overseas (According to income)

	<b>Annually</b>	<b>Monthly</b>
Family of 2	\$20,813	\$1,735
Family of 3	\$26,178	\$2,182
Family of 4	\$31,543	\$2,629
Family of 5	\$36,908	\$3,076
Family of 6	\$42,273	\$3,523

WIC  
APPROVED

WIC-Overseas provides program participants three "food package" vouchers monthly, each worth about \$19.50, for items designed to supplement their diets, Metcalf said. It includes foods high in protein, calcium, iron, and vitamins A and C, nutrients frequently lacking in diets of the target population.

Seven packages of WIC-Overseas items — that is, seven different voucher types, each listing the foods authorized to be purchased by respective recipients — include iron-fortified formula, cereal, fruits and vegetables, dairy products, tuna, peanut butter, dried beans and peas, fruit juices, and milk and eggs, among other items.

"If a mother is breast-feeding, for example, she'd get a voucher that includes milk, eggs, juice and other food items in one package," Metcalf said.

Each month's WIC-Overseas voucher must be used in the month specified. They can be redeemed at any participating commissary for specific foods listed on the voucher, Metcalf said.

WIC-Overseas dieticians meet with program participants every three months to provide new vouchers, monitor their health, provide nutrition guidance and assess the need for continued enrollment in the program. A complete certification is required every six months. On average, participants are enrolled in the program for about 18 months, Metcalf said.

"The first visit is really an in-depth discussion about everything people eat," said CMSE dietician April Parsells. At three months, dieticians record a baby's height and weight, among other things, and will likely recommend that parents gradually add solid food, starting with cereal, to the infant's diet.

The Baumholder WIC-Overseas office is near the Personnel Services Branch, In- and Out-Processing office,



**A commissary employee in Baumholder displays one of the products WIC-Overseas members may purchase using program coupons. Other products include such staples as milk and eggs.**

Child Development Center and health clinic, said Trowbridge. "There's a synergistic effect; we can all put our hands around a customer and say: 'You might be a candidate for WIC-Overseas.'"

"Being this close to other agencies has proven beneficial," Parsells said. "If a potential participant doesn't have to walk clear across post to take advantage of a service one of the other agencies recommended, he or she is more likely to use the service."

WIC is the most successful federally funded nutritional program in America, according to a USDA report that indicates one of four new mothers participates in WIC and that the program serves 45 percent of all infants born in the United States. □



# Sharp Shooters

*Photos by Paul Disney*

**T**HESE images, shot by Soldiers staff photographer Paul Disney before the Sept. 11 attack on the Pentagon, depict two elements that became very well known after the terrorist assault — the determination, skill and professionalism of the Military District of Washington's Engineer Company, and the quiet patriotism that is an everyday fact of life in the nation's capital.



*(Clockwise, from left)*

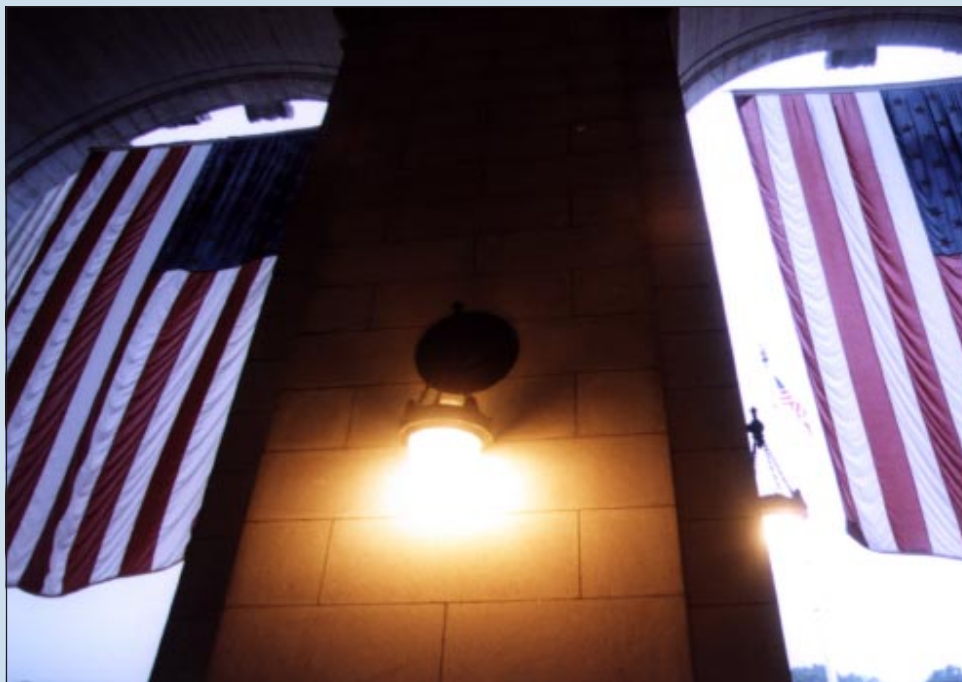
**A member of the Fort Belvoir, Va.-based MDW Engr. Co. rappels from a tower during training at the post's Davison Army Airfield.**

**Another company soldier uses a hand-held circular saw to cut through sheet metal during an exercise. Members of the specialized active-duty unit put this and other skills to use during rescue and recovery operations at the Pentagon following the Sept. 11 attack.**

**American flags decorate Union Station in Washington, D.C., during last summer's Independence Day celebrations. Such patriotic displays became commonplace in the weeks following the terrorist assaults.**

**A visitor to the Lincoln Memorial cranes his neck in an effort to take in the landmark's vast facade. Attendance at the capitals many memorials soared in the weeks after Sept. 11.**







# Sharp Shooters

*Other images — also taken before the Sept. 11 attacks — depict a capital city blissfully at peace, with the threat of war seemingly nowhere on the horizon.*

**(Clockwise, from at right)**

**Watermelon stands dotted the Mall in Washington, D.C., on July 4th.**

**A young visitor climbs the steps from the Mall Metro stop.**

**Fourth of July fireworks are reflected in the Vietnam Memorial.**

**Jazz musician Whop Frazier pauses before a show in Sterling, Va.**

**A child holds onto his mother as she plays the accordion during an impromptu religious concert on the Mall.**







# Projecting Power in

**T**WO years ago the Army announced its intent to be able to put a combat-capable brigade anywhere in the world in 96 hours. At about the same time, the staff of U.S. Army, Europe, was working on a very similar goal of its own.

This summer, the concept became an airborne, airland reality.

MAJ Paul Swiergosz is the operations and plans officer for the USAREUR Public Affairs Office in Heidelberg, Germany.

During June's Exercise Lariat Response, the largest power-projection exercise of its kind to date, USAREUR deployed almost a brigade's worth of combat power from bases in Germany and Italy to an objective in Hungary.

The elapsed time from the initial alert to closure on the objective: just over 96 hours.

The exercise, part of the USAREUR Emergency Readiness Deployment Exercise training cycle, began with a warning order to plan and

eventually deploy forces.

The exercise training scenario focused on assistance to a friendly country's armed forces against hostile rebels bent on seizing the country.

When the deployment order came, forces from the Southern European Task Force's 173rd Airborne Brigade, based in Vicenza, Italy, secured the Kecskemet Air Base in Hungary following an early morning airborne drop.

Meanwhile, aircraft carrying the

Staff Sgt. Cecilio Ricardo, USAF



The use of prepositioned equipment — such as these M113 armored personnel carriers about to be loaded aboard a C-5 transport at Ramstein Air Base, Germany — helped ensure a rapid deployment for Lariat Response units.

# Europe

Story by MAJ Paul Swiergosz

Medium Ready Company from the 1st Infantry Division waited for the signal that the runway had been cleared and the airfield secured.

By the end of the first day, aircraft from Germany, Italy and Charleston, S.C., had flown 25 sorties, shuttling more than 700 soldiers and airmen, 40 wheeled and armored vehicles, and 20 aircraft into Kecskemet.

"What we did demonstrated that we can initially respond with agility, then land a heavy force afterwards in a matter of hours," said COL James C. Yarbrough, commander of SETAF's 173rd Abn. Bde. and of the Immediate Ready Force.

It was the first time USAREUR had ever deployed tanks and Bradleys with the IRF, using C-17 aircraft from Air Mobility Command to land them in Hungary.

The armored vehicles add a powerful dimension of lethality to an already agile force, Yarbrough said.

"This has been a significant step forward, and this capability has evolved over the past few years," he said. "I'll admit, it sure felt good seeing the M1A1 tanks and Bradley fighting vehicles rolling off the C-17s just a few hours after we jumped."

Assistant Deputy Chief of Staff (Operations) for USAREUR, COL Clinton T. Anderson, said the IRF mission is to meet the full spectrum of operations from humanitarian assistance to high-intensity combat.

"This is a force that can be tailored to meet any contingency," Anderson said. "Since no one has a crystal ball to see into the future to see the threats ahead, we need to have a ready force capable of meeting any mission at any time."

With an Immediate Ready Company from the 173rd Abn. Bde. forming the nucleus of the IRF, the

USAREUR staff designed force enhancement modules that add different dimensions and capabilities to the force.

Increased communications capabilities, military police augmentation, scout enhancements, and combat forces in the form of light and heavy armor are only a few of the FEMs that have been designed for the IRF.

The modules are then added to the force as needed, based on the mission.

While testing the capabilities of the USAREUR IRF was an integral part of Lariat Response, there was another dimension to the exercise with equal importance: engagement training with NATO partners.

Throughout the exercise, IRF units executed a variety of missions with the Hungarians, who were admitted into



**One of four Bradley fighting vehicles flown into Hungary aboard Air Mobility Command C-17 Globemasters moves out after its arrival at Kecskemet Air Base.**



**Soldiers of the 1st Infantry Division's 2nd Battalion, 2nd Inf., secure the area around the transport aircraft that brought in the battalion's M113s and Bradleys.**

the NATO alliance in 1999.

The 173rd's Company A, 1st Bn., 502nd Infantry Regiment, teamed up with the Hungarian army's 34th Long Range Reconnaissance Platoon to attack and destroy an "enemy" communications network near the city of Tapolca.

Training to fight together in urban settings, the units capped their operation with a daylong, live-fire exercise.

Task Force 1-63 Armor from the 3rd Bde., 1st Inf. Div., teamed up with recon forces from the Hungarian 1st Cavalry Regt. in a combined arms live-fire exercise at the Taborfalva range complex.

Abrams tanks, Bradley fighting vehicles, M113 armored personnel carriers, Hungarian scout vehicles and soldiers from both armies joined to fight a final battle against the "rebel" armored brigade.

Simultaneously, 50 kilometers away, American and Hungarian paratroopers jumped from UH-60 Black Hawk helicopters. They then exchanged jump wings on the drop zone in a traditional sign of paratrooper brotherhood.

"It's hard to engage with NATO nations if you're at Fort Hood, Texas," Anderson said, stressing USAREUR's unique role in engagement training.

"We have forces at Fort Hood and Fort Stewart, Ga., that are well-trained

SFC David McCrary

Staff Sgt. Cecilio Ricardo, USAF



*"This was a great opportunity for us to get out and test our rapid deployment capability and our partnership with U.S. Air Forces, Europe."*



**SPC Raymond Seguin of Company C, 2nd Bn., 2nd Inf., helps guard the aircraft parking ramp while his Bradley is unloaded at Kecskemet Air Base.**

and well-practiced at deploying rapidly.

"But for USAREUR, every day is engagement, with our old and new NATO partners as well as with non-NATO nations, Anderson said. "Since we are already forward-deployed, it's much easier to maintain and sustain contact, especially with the nations we may be working with in the future."

Indeed, as Hungarian and U.S. troops moved and mixed about the ready lines, firing lines, drop zones

and training areas, the camaraderie and pride of being allies instead of adversaries became more and more evident.

Once a part of the "Threat" USAREUR had trained to fight against during the Cold War, Hungarian forces now relish their training opportunities with U.S. forces, Anderson said.

"The morale of the entire army these days is higher than it has ever been," said Maj. Tamas Sandor of the Hungarian 1st Cav. Regt., "Especially among the units able to work with U.S. and other NATO partners."

The Lariat Response series of exercises benefits U.S. forces as well, offering new training opportunities in different environments.

"There are things we can't do at training areas in the U.S. or here in Germany that we can do here," Anderson noted.

"We are able to sustain training proficiency through these engagement activities: training in unfamiliar terrain with new allies, being exposed to new equipment and different doctrine," he said. "We learn, they learn. It's a win-win experience."

Anderson also stressed the importance of using strategic and tactical airlift assets to get the Army into the fight quickly.

"This was a great opportunity for us to get out and test our rapid deployment capability and our partnership with U.S. Air Forces, Europe," Anderson said. "So we can practice deploying anywhere in our theater on short notice to perform whatever duties the European Command commander has designed for his Army and Air Force components."

"Three years ago, the capability did not exist here in Europe to rapidly deploy this type of packaged, tailored force," Anderson explained. "Now all the pieces are here, and we're improv-

**CW2 Kurt Steller does a preflight check of his UH-60's tail rotor. His unit — B Trp., 5th Sqdn., 158th Avn. Regt. — deployed from Aviano, Italy, to support the exercise.**



ing the product.”

Yarbrough deemed the exercise an unequivocal success.

“You cannot design an exercise with a higher payoff than Lariat Response, in my opinion,” Yarbrough said. “This exercise in just four days gives great training benefit to the lowest ranking private out here, all the way up to the four-star strategic decision makers in this theater.”

The next Lariat Response exercise, scheduled for some time this winter, will again be a no-notice EDRE to a foreign country somewhere in the EUCOM theatre. USAREUR planners are optimistic that they will be able to double the size of the deploying force, using additional FEMs and strategic mobility. □



**COL James C. Yarbrough, IRF commander during Lariat Response, pins his jump wings on his Hungarian counterpart after the joint jump.**

SFC David McCrary

## USAREUR's Ready Force

**T**HE Immediate Ready Force was established to improve USAREUR's ability to rapidly respond to potential contingencies within the European Command's area of responsibility.

The cornerstone of the IRF is the Light Immediate Ready Company from the 1st Battalion, 508th Infantry Regiment, in Vicenza, Italy. This airborne force is deployable within 24 hours and can be quickly reinforced with additional units from SETAF's 173rd Brigade.

The remainder of the IRF is tailored into force enhancement modules that add specific capabilities in the form of combat power, communications, military police, engineers, scouts, and tactical or strategic control assets.

The FEMs can deploy separately or together, based on the mission, to provide a capable, tailorable and integrated force.

Combat power ranges from the Medium Ready Company, equipped with M113 armored personnel carriers, to the Heavy Immediate Ready Company, equipped with M1A1 tanks and Bradley fighting vehicles.

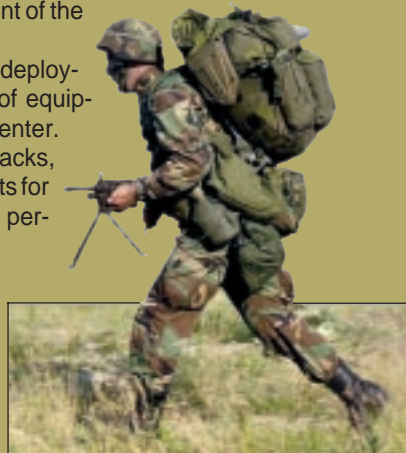
Key to the mobility of the IRF is its ability to deploy using tactical airlift assets already available in the European theater, belonging to U.S. Air Forces Europe. Every IRF FEM is C-130 deployable, with the exception of the HIRC, which requires heavy-lift capability in the form of C-17 or C-5A transport aircraft.

The successful partnership between USAREUR and USAFE, working together to meet the needs of the EUCOM commander, has been an essential part of the development and employment of the IRF.

Also key to the readiness and rapid deployment of the IRF is the prepositioning of equipment at the Deployment Processing Center.

Located at Rhine Ordnance Barracks, the DPC stocks complete equipment sets for the FEMs, maintaining them at a 100 percent readiness rate.

The location of ROB, adjacent to Ramstein Air Base, the primary aerial port of embarkation in Germany's Central Region, helps speed the delivery of IRF personnel and equipment anywhere they are needed. — MAJ Paul Swiergosz



Staff Sgt. Cecilio Ricardo, USAF



SFC David McCrary

**Training in an unfamiliar area has its advantages, as exercise planners were able to surprise members of the USAREUR IRF, including this 1st Armored Div. soldier, with unforeseen challenges.**





**SGT Natalie Geniuk, a soldier stationed in Baumholder, Germany, enjoys the homey atmosphere of the Fisher House's living room.**

# Fisher House Serves

**Story and Photos by Heike Hasenauer**

**S**INCE June 1990 the families of service members, veterans, and Defense and State Department employees around the world have found refuge and comfort in a home away from home across the United States, during some of the most trying times of their lives.

It's all thanks to the unprecedented generosity of a couple named Zachary and Elizabeth Fisher.

In June 2001 that generosity opened doors to the first Fisher House outside the United States, at Landstuhl Regional Medical Center in Landstuhl, Germany.

"It's already proven a godsend to families whose loved ones have had to undergo lengthy hospital stays for serious illnesses or specialized care and procedures," said Ed Abraham, a retired Army warrant officer and Red Cross volunteer at the Landstuhl Fisher House. "Right after it opened on June 18, it filled up."

Since the draw down and consolidation of U.S. military facilities overseas, LRMC has assumed "tertiary care" responsibility for the European Theater, thereby treating an increased number of patients, said LRMC spokeswoman Marie Shaw.

LRMC treats patients from all U.S. military services, veterans, DOD and State Department civilians and their dependents who require specialized medical care not available at other hospitals.

Patients from the Air Force hospitals at Lackenheath, England, and Spangdahlen and Bitburg, Germany, as well as from the Navy hospitals in Rota, Spain, and Naples, Italy, are also referred to LRMC, Shaw said.

The opening of the Landstuhl Fisher House will preclude patients' loved ones from having to stay in expensive local hotels or guest houses

*The opening of the Landstuhl Fisher House will preclude patients' loved ones from having to stay in expensive local hotels or guest houses to be near hospitalized family members.*



**Colorful, well-manicured gardens and an inviting entranceway welcome guests to the first Fisher House in Europe, in Landstuhl, Germany.**

# Europe

to be near hospitalized family members. Families that live more than 40 miles from the hospital can stay at the Fisher House for \$10 a day. They can cook their own meals in a fully equipped kitchen, with all the conveniences of home, and do the family laundry on-site as well.

The house in Landstuhl can accommodate seven families, Abraham said. It's fronted by beds of multicolored flowers, and above the entranceway hangs a plaque that reads: "Dedicated to our greatest national treasure — our military service men and women and their loved ones."



**Dawn O'Connell is able to spend time with her daughter, Kaela, and her husband, as they wait for the couple's newborn son to be released from the hospital.**

Upon entering, guests will find a large but cozy living room with comfortable couches, tall windows that let in the daylight, and a library filled with books. An inviting dining room offers a relaxing atmosphere for mealtime and the opportunity to mingle with and draw comfort from other guests experiencing difficult times.

Among the first guests here were parents of newborn infants who remained in LRMC's Neonatal Intensive Care Unit.

"My main thing is that I'm near my son," said SGT Natalie Geniuk of Headquarters and Hqs. Company, 1st Battalion, 6th Infantry, in Baumholder, Germany. Her baby weighed only two pounds, eight ounces, when she delivered at 29 weeks. "Initially, I stayed at the hospital's postpartum ward to be near him, but I got a new roommate every night, and my husband couldn't stay over. The Fisher House is great, because I can cook





**SGT Natalie Geniuk, posing in one of the Fisher House's bedrooms, was among the first guests to experience its hospitality and warmth.**

instead of having to eat out every day.”

Additionally, computers allow guests to stay in touch with their workplaces, send e-mail messages to friends and relatives, and research information relevant to their own medical concerns.

“My baby was born by emergency C-section at 29 weeks,” said Navy wife Dawn O’Connell, who could not be released from the hospital in Rota until several days after the birth. An emergency medevac from Landstuhl had flown the baby to LPMC because the Navy hospital didn’t have the resources to care for a baby so premature.

“My son was born on June 17, and the Fisher House held its opening ceremony on June 18,” O’Connell said. “When I got there, my husband was already checked in with our 2-year-old daughter. We got one of the bigger rooms, a suite with a bathroom, living area with chairs and a sleeper sofa, bedrooms with twin beds in each, and a TV and VCR.

“Among the benefits to being here is that my husband and daughter are here,”

O’Connell said. “She’s very



**Flowers and fruit baskets decorated the Landstuhl Fisher House's kitchen on opening day in June.**

dependent on us, especially with our focus on the new baby. Because we can all be together, she has one of us with her at night and both of us when she wakes up in the morning.”

Families of soldiers who might be hurt or become ill in the Balkans and are evacuated to LPMC could also stay here, Abraham said.

A regulation covering administration of the Fisher Houses cites 30 days as the maximum length of stay, Abraham said, “but the check-out date is based on the duration of medical treatment and can be extended at a commander’s discretion.”

Fisher Houses are nonappropriated-fund facilities and are supported by donations, not taxpayer dollars.

The generosity of military and civic organizations, and individuals, helps maintain the Fisher Houses and provide guests with such things as meals, household supplies and rides to the commissary or post exchange. □

## A Life of Giving

**Z**ACHARY Fisher died June 4, 1999. He would have been 91 in September.

Fisher was one of New York City’s leading real-estate developers. Since a construction injury kept him from military service during World War II, the son of immigrant parents from Czarist Russia always felt he owed the armed forces.

“I’ll never be able to pay the debt I owe all the members of the armed forces who sacrifice daily to preserve America’s way of life,” Fisher often said. He said his donations — millions of dollars over some 60 years — “are my way of saying thank you for protecting America’s freedom and giving me the opportunity to succeed.”

In the mid-1940s he established a support program called the Veterans’ Bedside Network, for veterans returning from combat.

In the early 1980s, following the tragic deaths of marines in Beirut and sailors aboard the USS *Stark* in the Persian Gulf, he established the Zachary and Elizabeth Fisher Armed Services Foundation to provide financial aid to the widows and children of American service members.

Today, the foundation supports veterans’ programs, national museums and community-restoration projects.

In 1989 the Fishers sent \$25,000 checks to each of the 47 families of sailors killed in an explosion aboard the USS *Iowa*.

In 1990 the foundation provided scholarships to 75 college students who are in the armed forces, former military or their children.

“You don’t measure a man by the amount of money he has, but by how he spends it,” Zachary always said.

Since the first Zachary and Elizabeth Fisher House opened in Portsmouth, Va., in 1990, 26 others have been built in the United States. The latest, built in Landstuhl, Germany, brings the total to 28.

To date, the Fisher Houses have collectively housed more than 45,000 guests, according to Fisher House Foundation President Arnold Fisher. He estimated savings to families at about \$33 million. — Heike Hasenauer

To learn more about Fisher Houses visit the Army Fisher Houses website at [www.armyfisherhouses.org](http://www.armyfisherhouses.org).

# THANKSGIVING 2001 *Message*



***To all of you,  
the dedicated men  
and women of the  
U.S. Army  
— uniformed and  
civilian — we offer  
special thanks  
for the difficult  
and dangerous work  
that you are doing  
for the citizens  
of our great nation.***

Each year, Thanksgiving affords soldiers an important opportunity to pause and enjoy a day of rest, relaxation, and fellowship with family and friends. This year, those treasured moments are even more meaningful — more important — as we also remember our fallen comrades and bind the wounds of the Sept. 11 acts of war our nation endured.

The sacrifices made by so many Americans during those attacks lead us to appreciate and hold even more dearly the benefits of living and working in a free society — benefits afforded all Americans because of our loyal, courageous, and dedicated Army.

And so on this special day, we offer our appreciation to you, the soldiers and civilians of the Army, who serve our nation with a level of devotion and selfless service unequalled in any other profession. You walk point for our nation 24 hours a day, uphold freedom's torch as you willingly step forward to defend the American people from all enemies, and animate the values and principles we hold so dear.

Thanksgiving is also a time for families to join for celebration and reunions throughout our country. Families have long provided strength and values to our soldiers, our Army and our nation. It is only right that we acknowledge our appreciation for them, so this year we celebrate Military Family Week, Nov. 18-25.

During this week, we recognize the vital contributions of Army family members. We know we do not soldier alone. For just as soldiers sacrifice and dedicate themselves to honorable service, their families also sacrifice and make invaluable contributions to the well being of our Army and nation. Our thoughts and prayers are also with soldiers away from the comforts and joys of home and family, over 150,000 deployed and forward stationed in more than 120 countries.

We give you our thanks, and a grateful nation thanks you as well.

We are proud of the Army family! And so to all of you, the dedicated men and women of the U.S. Army — uniformed and civilian — we offer special thanks for the difficult and dangerous work that you are doing for the citizens of our great nation. We wish all of you and your loved ones a safe and happy Thanksgiving holiday.

*Eric H. Daniel* — *Thomas E. White*





## ***Waurichen, Germany***

*November 1944*



**PFCs William G. Curtis and Donald R. Stratton of the 102nd Infantry Division eat their Thanksgiving dinners in the window of a shell-damaged building.**

# Herbs of Concern

Story by COL Allen Almquist

**O**NE-third of Americans are estimated to use herbs as alternative medicine. While some of these “natural” supplements may be safe, others may have harmful effects.

Glucosamine and chondroitin sulfates are natural substances widely acclaimed to relieve osteoarthritis, or inflammation of the joints. Depending on the disease’s severity, pain may decrease with such medications as nonsteroidal anti-inflammatory drugs (NSAIDs), simple pain medications and various other third-line agents. If these provide no relief, patients may try glucosamine and chondroitin.

These supplements are derived from such marine-animal skeletons as shark cartilage, and can also be produced synthetically. Since human joints are composed of similar glycoproteins and because glucosaminoglycans are found in human cartilage, it is believed that glucosamine and chondroitin stimulate the formation of, or replace, parts of joints lost to osteoarthritis.

COL Allen Almquist is the chief of Madigan Medical Center’s Department of Pharmacy at Fort Lewis, Wash.

Some studies indicate these herbs have promising results, while others show no advantages when compared to placebos (sugar pills).

Glucosamine is available in three forms: n-acetyl, hydrochloride and sulfate. N-acetyl is not recommended, and evidence suggests sulfate and hydrochloride to be only “possibly safe” when used on a short-term basis.

Glucosamine has been shown to be of little benefit for patients with severe osteoarthritis. Side effects include nausea, diarrhea or constipation, as well as drowsiness and headache. Diabetics should be aware that glucosamine may reduce the amount of insulin naturally secreted in the body. Individuals who take oral antidiabetic medications such as glipizide or glyburide should consult with their physicians before taking glucosamine supplements.

Chondroitin can be considered, at best, as “likely effective” in reducing osteoarthritis pain. Side effects include nausea, diarrhea or constipation, edema of the eyelids or lower extremities, and hair loss.

Chondroitin may interact with such blood thinners as warfarin (Coumadin),

clopidogrel (Plavix) or ticlopidine (Ticlid). Aspirin and NSAIDs have similar effects, so patients taking any of these drugs should consult with their physicians before starting chondroitin supplements.

A combination of chondroitin and glucosamine — both of which are available over the counter at \$50 to \$100 for a one-month supply — may reduce the amount of NSAIDs individuals need for pain. The cost is an important factor in weighing the benefits of these supplements, and individuals who are allergic to shellfish should use only the synthetic versions.

A study by the National Institutes of Health will soon weigh the benefits of glucosamine and chondroitin. As a precaution, patients should always consult with their physicians or pharmacists before taking dietary supplements, since the substances are not tested or approved by the Food and Drug Administration. While some supplements may be considered generally safe, they may pose health risks to individuals with certain health conditions. □





# Army Transforming America

## *Doing Something About the Weather*

**S**OLDIERS training in a heavy downpour know well the old saying: “Everybody complains about the weather, but nobody does anything about it.” What they may not know, however, is that their Army *has* been trying to do something about the weather for nearly two centuries — by working to develop the means to predict environmental conditions. Both soldiers and civilians have benefited from these efforts.

The Army began its formal involvement in meteorology in 1814, when Army Surgeon General James Tilton, believing that shifting weather patterns cause or influence certain illnesses, directed service physicians to make detailed weather observations and maintain climate records. The Signal Corps took up the gathering and distribution of weather data following a Congressional mandate in the 1870s. The corps developed a network of telegraphically connected stations that reported data three times daily to Washington, and provided weather bulletins and maps to 9,000 post offices across the country.

Signal Corps weather research increased after World War I, when the Army acquired high-altitude weather balloons and radar-tracking devices and began recording and transmitting weather data from the upper atmosphere and outer space. In 1937 the corps demonstrated that radar could be an aid to marine and aerial navigation and weather observation. In 1948 Army researchers used radar to track a rainstorm 200 miles away, a technique soon adopted for civilian use.

In the late 1950s the Signal Corps loaded America’s first satellite, *Explorer I*, with sophisticated electronic equipment that enabled it to discover the Van Allen radiation belt encircling the earth. The corps payload on *Vanguard II* furnished data for detecting and tracking hurricanes. In 1960 the corps helped design and oversee the manufacture of instrumentation for *TIROS I* and *II*, which provided maps recording relative temperatures of the earth’s surface and photographs covering 850 square miles.

Today, we derive daily benefits from the Army’s trailblazing efforts as early warning systems find and track major storms that threaten lives and property. Of course, advanced notice is of little comfort to the soldiers who often train when the weather is at its worst, but perhaps they’ll better appreciate the need to carry that poncho, even when there’s not a cloud in sight. — CPT Patrick Swan